DIET CHEAT CODES

RECIPE BOOK

NICK KENNEY

DIET CHEAT CODES

RECIPE BOOK

TO ALL THE PEOPLE THAT HAVE WATCHED MY VIDEOS, TRIED MY RECIPES, AND SUPPORTED MY JOURNEY, THIS BOOK IS FOR YOU.

YOU MADE THIS BOOK POSSIBLE.

THANK YOU.

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CONTENTS

INTRODUCTION

LET'S COVER MY BUTT AND YOURS....

WHY DO MY RECIPES WORK?

PANTRY ESSENTIALS

KITCHEN GEAR

COOKING TECHNIQUES

INFORMATIVE ILLUSTRATIONS

FREQUENTLY ASKED QUESTIONS

Breakfast Bliss

Banana Pancakes
Japanese Pancakes
French Toast Roll-Ups
Birthday Cake French Toast
Breakfast Sausage Patties
NickDonald's Breakfast Burrito
200 Calorie Breakfast Burrito
Honey Butter Chicken Biscuit
Lemon Glaze Muffins
Banana Bread Muffins
Pumpkin Pie Muffins
Jumbo Blueberry Muffins
Jumbo Chocolate Chip Muffins
Jumbo Pumpkin Cheesecake Muffins

Midday Munchies

Chicken Strips
Jalapeño Popper Grilled Cheese
Chicken Parmesan Sandwich
Meatball Sandwich on Garlic Bread
Reuben
Ham and Cheese Pita
Cheesy Poblano Quesadilla

Dinner is Served

Steak Tacos
Sloppy Joes
OG Mac and Cheese
Buffalo Mac and Cheese
Italian Sausage
Nickwrap Supreme
Jalapeño Cheeseburger Nickwrap
Beefy 5-Layer Burritos
Cheesy Gordita Crunch
Mexican Pizza
NickChicken
Garlic Parmesan Boneless Wings
Cheesy Bread
Smashburger
Chicken Gyro
Meatball Sub
Smashburger Salad
Elote Salad
Chicken Gyro Salad
1 Hour Calzone
1 Hour Pizza
Pizza Pot Pie
BBQ Chicken Sheet Pan Pizza
Cheese and Pepperoni Sheet Pan Pizza
Pan Pizza
Deep Dish Pizza
Lou's Sausage Deep Dish Pizza
Deep dish Process
Chicken Alfredo Pizza
Italian Beef Pizza
Detroit Pizza

Sweet Treats

Candied Pecans
Crispy Rice Squares

Blender Ice Cream

Cookies N' Cream NickFlurry
Crunchy Cinnamon Squares Protein Ice Cream V1
Crunchy Cinnamon Square Protein Ice Cream V2
Mint Chocolate Cookie Protein Ice Cream
Salted Caramel Fudge Brownie Protein Ice Cream
S'mores Protein Ice Cream
Cotton Candy Protein Ice Cream
Oatmeal Crème Pie Protein Ice Cream
Hazelnut Protein Ice Cream
Caramel Pumpkin Spice Protein Ice Cream
Cookie Dough Protein Ice Cream
Lemon Protein Ice Cream
Peanut Butter Cup Milkshake
Strawberry Donut Milkshake
Birthday Cake Milkshake
Peppermint Chip Milkshake
Chocolate Chip Cookie Freeze
Animal Cracker Freeze
Mint Cookie Freeze
Pecan Pie Freeze
Strawberry Soft Serve

Ice Cream Pints

Vanilla Base "Good"
Vanilla Base "Better"
Vanilla Base "Best"
Chocolate Base "Good"
Chocolate Base "Better"
Chocolate Base "Best"
Cookies & Cream
Fruity Crisps Ice Cream
Crunchy Cinnamon Squares Ice Cream
Marshmallows + Crisps Ice Cream
Peanut Butter Puffs Ice Cream
Cookies N' Crunch Ice Cream
Cocoa Crisps Ice Cream
Apple Pie Ice Cream
Eggnog Ice Cream
Cherry Chocolate Chunk

Fruit Sorbets

Watermelon Sorbet
Strawberry Sorbet
Cantaloupe Sorbet
Raspberry Sorbet
Grapefruit Sorbet
Peach Sorbet

Cookie Dough

Chocolate Chip Cookie Dough
Peanut Butter Cookie Dough
Snickerdoodle Cookie Dough
Cookies N' Cream Cookie Dough
Birthday Cake Cookie Dough

Shareables

NickDonald's French Fries
Mozzarella Sticks
Taco Egg Rolls
Mac and Cheese Egg Rolls
Dumpling Fried Rice
Shrimp Fried Rice
Kimchi Fried Rice
Refried Beans

Let's Get Saucy

Foolproof Homemade Marinara
Homemade Marinara (Cooked)
Spicy Ranch
Chipotle Aioli
Garlic Parmesan Sauce
Tzatziki Sauce
Salsa Crema
Cilantro Lime Salsa
Russian Dressing
Maple Syrup
Buffalo Sauce

Doughlicious

Protein Bread
Protein Bread Process
Protein Buns
Protein Buns Process
Potato Buns
Potato Buns Process
Protein Baguette
Protein Baguette Process
Hoagie Rolls
Hoagie Rolls Process
Protein Breadsticks

CONTENTS

Protein Pita
Protein Pita Process
Burrito Tortillas

Prep School

NickChicken Meal Prep
$1 Pizza Meal Prep
Steak Fajita Dinner
Chicken Noodle Soup
Chicken Parm Sandwich
Pulled Pork + Mac
Chicken Tinga Tostadas
Pizza Pot Pie Meal Prep
Buffalo Wing Combo Meal

Reference Tables

Master Recipe Nutrition Table
Meat + Seafood Macros
Fruit Macros
Vegetable Macros
Seasonings + Dried Ingredient Macros
Satiety Index Score
Control Macros For Commonly Used Ingredients

“I WISH THERE WAS A DIET WHERE I COULD EAT PIZZA, BURGERS, AND ICE CREAM BECAUSE THEN I WOULD ACTUALLY BE ABLE TO STICK TO IT.”

INTRODUCTION

When a diet of chicken, broccoli, rice, and unsalted almonds with a side of plain oatmeal was considered the only way to lose weight, this is exactly what I used to tell myself — REPEATEDLY. This was before Instagram was created and YouTube had juuuuuust started becoming popular, but there were no recipes or quality nutrition information yet. Unless you were in Greg Doucette's kitchen every morning, there was no anabolic diet and "if it fits your macros" was practiced by very few, if anyone at all, and most certainly wasn't common knowledge.

I tried many times to eat copious amounts of hard-boiled eggs and plain chicken to "finally lose the weight and keep it off." For some reason, with every attempt, I kept telling myself that *this time* would be different. *This time* I would be able to do it forever. *This time* I would be able to push through. Without fail, 12, or MAYBE 16 weeks later, I would be sick of the same food, look pretty good in the mirror, and say "Fuck it". I'd go right back to my old ways of Chinese takeout multiple nights a week parlayed with my favorite pizza place and McDonald's® the other nights of the week. On the weekend, it was time to go out with the boys and drink copious amounts of alcohol and end the night with a full bag from Taco Bell® that I would demolish before I went to sleep. Funny enough, during some of these fat loss phases, I was still working out 4 or 5 times a week, but you can't outwork alcohol, fast food, and a massive appetite. In just 2 or 3 months, I was right back to where I started, if not even heavier and worse off.

As YouTube started to become more educational, I would watch people like Layne Norton and Zach Rocheleau (TheFlexibleDietingLifestyle). They started to teach me that you can eat the stuff you like in moderation, but you can also make it at home using lower calorie ingredients and eat it ALL. THE. TIME. This was about the same time I was in college, majoring in exercise physiology and learning about the laws of thermodynamics and calories in/calories out. All of this new information coupled with more low-calorie meal options popping up in grocery stores (think protein pancakes) started changing my mindset. At this point, I slowly started cooking more and learning my way around the kitchen.

Fast forward a couple of years and Greg Doucette made a splash onto the scene. Once anabolic french toast was introduced to me, I realized the possibilities really were endless. My goal moving forward was to make recipes that not only helped me lose weight, but tasted great — even if I was eating them day in and day out for weeks on end. I started making my protein ice cream recipes and the rest is history.

So, why should you care?

I mean you really shouldn't.

However, the process of finding meals that are easy to fit into your schedule, you never get sick of, and get you to (or close to) your physique goals is going to take time. We haven't even talked about the amount of calories you need to be eating, how many times a day you like to eat, and what parts of the day you should be having bigger meals. Oh, and let's not forget about all the different variables that come into play when trying to combine diet with exercise too.

With all the information we have at our fingertips, you should be able to figure it out a lot faster than I did, but it is also okay if it takes you a few years to learn exactly what works for you and your body. It took me over 10 years of trial and error to find what works for me. (*That's well over 3,000 days for anyone counting.*) Shit, even to this day I am still finding new foods and different techniques that are helping me progress. Hopefully your journey to finding what works for you will be a lot shorter than mine, but always remember, learning takes a lot of time and repetition.

My goal with this book is to make all the information as easy to digest as possible, so you can take the knowledge in the pages ahead and apply it to your daily life. To this day, I still make Greg's anabolic french toast and just that recipe alone has changed my life in more ways than I could've ever imagined. I hope after reading through and testing the recipes in this book, you find *your* anabolic french toast and it changes the way you look at dieting, *forever*.

LET'S COVER MY BUTT AND YOURS....

This cookbook provides subject-specific information based upon the Author's education, knowledge, and experience. The information contained herein is not meant to replace the professional guidance of a doctor, nurse, nutritionist, dietician or any other specialized expertise. The information contained in this cookbook nor any of the information provided in connection therewith shall be offered for the purpose of managing or treating a medical condition. None of the information contained herein or related thereto is intended to diagnose, treat, prevent or cure any disease or condition.

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GETTING

INTO IT

DIET CHEAT CODES

WHY DO MY RECIPES WORK?

IT BOILS DOWN TO 2 WORDS: *BALANCE* AND *TASTE*

Before I explain, I have a question for you:

What are some of your fondest childhood memories?

One of mine was hearing the ice cream truck coming down the street. I would run to my dad and ask him for a dollar so I could go buy an ice cream bar that had those gumballs that lost their flavor in less than 2 minutes.

Another one was going to DiCola's every time I would visit my grandparents. DiCola's is a well-known seafood restaurant in Chicago that has the best colossal shrimp, clam strips, and tomato bread I have ever had. Since they had no indoor seating, we would eat our meal in the car or on a piece of wood that was in the parking lot.

Lastly, were the days my dad worked late. Why? He wouldn't have time to cook so we would go to Bill's Place, a local restaurant, to pick up dinner. I would either get a gyro, a ham and cheese pita (not-so-coincidentally also in this book), or a slice of pizza.

BUT HOW DOES THIS RELATE TO MY RECIPES WORKING?

Some of my greatest memories revolved around food and with over 30 years of these experiences, it would be near impossible to change. For as long as I can remember, my goal has been to develop a diet that I could adhere to indefinitely. After several years of attempting to only eat "clean foods" and completely depriving myself of the foods I always loved, I realized I needed to try and make my favorite foods fit into my day-to-day diet. If I didn't, I would fail each and every time I dieted.

Since then, my goal has been to make every recipe as close to "Chicago good" as possible, while also striking a balance between lower calories, higher protein, and sufficient volume to feel full and satisfied. If you are from Chicago, you know how spoiled we are with great food from every culture, so "Chicago good" simply means having the most flavor and being as delicious as humanly possible.

The best part about the recipes I create is that most of them are low enough in calories that it allows for going on dinner dates, having a few drinks, or indulging in some Krispy Kreme® donuts without worrying about gaining weight. This is pivotal for anyone and everyone that has a thriving social life, significant other, and/or likes trying new food and restaurants.

However, most of the time, these extras aren't even necessary.

WHY?

In this book you will be able to make pizza, ice cream, famous fast food items, burgers, and more — and all these recipes taste nearly as good as the full calorie version. Because of this, you will never have to sacrifice the foods you love because of your "diet."

Now, my childhood memories live on, and it is impossible to feel like I am missing out on any of my favorite foods when I can make them all at home. Not only that, but when I do want dinner from my favorite pizza place, for example, I can easily fit it into my diet with all the low-calorie options I could eat earlier in the day.

To me, this is the best of both worlds and keeps me at my best physique of all time with minimal effort.

PANTRY ESSENTIALS

There are ingredients I *like* to have in my pantry and then there are ingredients I NEED to have in my pantry. Everything listed below is in my pantry or fridge 24/7 and work in unison with one another. For example, if I woke up at 4am and all the grocery stores were closed, I could still make a pizza from scratch. How? Because I always have flour, vital wheat gluten, instant yeast, salt, canned tomatoes, and mozzarella on hand. If you are a fan of making as little grocery trips as possible, I highly recommend having these items in your house.

ERYTHRITOL

Erythritol is an artificial sweetener or sugar substitute that is used to sweeten recipes without adding additional calories to them. Erythritol was used to test and create all the recipes that include a sweetener in this cookbook. In my opinion, erythritol cooks, bakes, and tastes the best. If you prefer another sweetener, feel free to use it as a substitute. The two brands of erythritol I have experience with are Swerve® and Purecane®. I would get both a granulated version and brown sugar version as both are used frequently throughout this cookbook.

PROTEIN POWDER

The protein powder I use is a whey/casein blend and more specifically is made by PEScience. Whatever brand you choose, make sure you get a whey/casein blend. Also, if you are only going to have one flavor on hand, make sure it is vanilla. It works with almost any recipe and can easily be modified. For example, if you need chocolate protein powder, you can sub in some cocoa powder along with a little bit of extra sweetener.

VITAL WHEAT GLUTEN

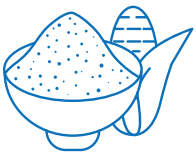
If you are going to be baking any bread or making any pizzas, I would highly recommend having a bag of vital wheat gluten in your pantry. It has the same grams of protein per serving as protein powder, but costs a fraction of the price. If you buy a bag of vital wheat gluten, it will last you months and is worth every penny.

FLOUR

Flour is essential in any pantry and that is because it is used in various recipes. From pizzas, to muffins, to baguettes, to cookie dough, flour is necessary. If you are only going to buy one, get all-purpose flour. If you want to splurge a little bit, get all-purpose flour, but also add King Arthur® bread flour to the arsenal. For the quality, how long it will last in your pantry, and how many recipes you will be able to make with one four-pound bag, it is well worth it.

INSTANT YEAST

I make pizzas, buns, and bread multiple times per week. To make any of them, I need yeast. I buy the 4oz bottle and keep it in the freezer after I open it. This will keep it fresh and lasts many months before going bad.

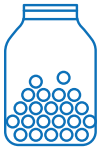


CORN MEAL

Corn meal is a more niche pantry product, but I always have it stocked. It is used in my **DEEP DISH PIZZA**, but is also very useful to help load and unload pizzas from a pizza peel onto a pizza steel. I also like the texture and taste it gives to the finished pizza as well. And who knows, maybe one day I will make cornbread. :)

COCOA POWDER

Again, cocoa powder is more of a niche product, but is something I always have on hand. If I had to choose one cocoa powder to have, it would be the dutch version. King Arthur® also makes a great double dark cocoa powder that I highly recommend. If you are going to make any of my cookies n' cream recipes, I would suggest having black cocoa powder on hand as well.



XANTHAN GUM

Xanthan gum thickens and emulsifies recipes, so the protein ice creams come out as smooth as soft serve and the condiments keep their consistency after refrigerating. Guar gum is another ingredient I would recommend if you are going to be making protein ice creams regularly as it gives the cream an even better consistency when combined with xanthan gum. Xanthan gum may seem pricey, but you only need a gram or two at a time, meaning you can make 200-400 recipes with just one pound.

SALT

A recipe can be cooked to perfection, but if it isn't salted correctly your taste buds will tell you it sucks. Every pantry needs to have salt and, in my case, I use iodized salt. It dissolves quickly, costs 60 cents for a pound and a half, and I honestly can't tell a difference when I use different types of salt on the same dish. Kosher salt is the most widely used type of salt and since this book almost always measures in grams you can use any salt you want. If you make one of my dishes and it is too salty, I would use less salt than I include in my ingredient list going forward. Salt preferences are different for everyone, but you can always add more salt if you need to. However, once you've salted a dish, you can't take it away.

BLACK PEPPER

Always, always, ALWAYS freshly crack your pepper, if possible. I buy whole peppercorns and I use either an electric pepper mill or a mortar and pestle to crush them down right before cooking.

RED PEPPER FLAKES

There are a ton of ways you can add spice to a dish, but red pepper flakes are what I grew up on. I would also argue it doesn't change the taste of any recipe and can easily be added as a topping to many dishes like pasta or even a slice of pizza. Red pepper flakes will be in my pantry for life.

DRIED SPICES

There are no hard rules on how many spices you should have. Some people may only need 5 spices and use them for everything. Personally, I have a spice rack with about 40 different spices. If you are going to use a specific spice, even semi-regularly, I would have it on hand. If I were forced to pick 5 spices and throw the rest away, I would pick red pepper flakes, garlic powder, onion powder, oregano, and paprika.

AROMATICS

Aromatics help add a ton of flavor to your food with little effort. There are a ton of different aromatics, but the ones I always have ready to go are onions, garlic, and scallions. Desserts aside, you will notice many of the recipes include at least one of these, if not more.

FRESH HERBS

Fresh herbs add flavor and freshness that dried spices just can't replicate. The two I have on hand at all times are parsley and cilantro. They are both used in combination in many recipes throughout the book and work as a garnish on most recipes.

LEMON

Having 1 or 2 lemons and/or limes in the fridge at all times is a great idea. The juice can be added to marinades, sauces, and as a garnish for several dishes. Not only can you use the juice of a lemon, but you can use the outer lemon for zest that is also a perfect garnish for both sweet and savory dishes. Not to mention, lemon water is delicious.

EXTRA-VIRGIN OLIVE OIL

If you are going to buy one oil for savory foods, it would be extra-virgin olive oil. And the only ingredient on the bottles ingredients list should be extra-virigin olive oil. This doesn't have to be expensive either. At Sam's Club® 3 liters of EV olive oil costs less than $20 and should last you more than a year, even if you are cooking every day.

AVOCADO OIL

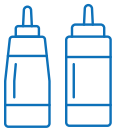
Avocado oil is a great source of monosaturated fat, and has a neutral flavor for recipes that call for it. For example, in a baked good like my **PUMPKIN MUFFINS**, I am reaching for the avocado oil every time.

TOMATOES

Having fresh tomatoes in your fridge is always a good idea, but in this instance I am referring to canned tomatoes. At any given time, I have 4-8 cans of San Marzano whole peeled tomatoes and crushed tomatoes in my pantry. A few cans of tomato paste are sitting right next to the San Marzanos because the two usually go hand in hand. And I use all Cento® everything. In my opinion, it is the superior tomato brand.

CHIPOTLE PEPPERS

I love having chipotle peppers in adobo sauce in my pantry because they last forever and are a great addition to any dish to bring a punch of smoky, spicy flavor that very few ingredients can provide. If you want less spice, just use the adobo sauce they are packed in instead of the pepper. If you haven't made my **CHIPOTLE AIOLI SAUCE**, stop what you are doing right now and go make it.



CONDIMENTS

If I listed all of the condiments in my fridge separately, it would've made this list twice as long, I am a condiment whore and always keep a bunch of low-calorie options on hand. Let's do a speed run of the staples: no sugar added ketchup, mustard, Sriracha, no sugar added BBQ sauce, light mayonnaise, soy sauce, hot sauce, and buffalo sauce.

PARMIGIANO REGGIANO

Considered one of the finest cheeses in all of the land, Parmigiano Reggiano is typically aged for 24 months and is only produced in Italy. Although expensive, it is worth every dollar and a few grams goes a long way. I love the green bottle parm as much as the next person, but if you can afford it, parm reg should have a permanent place in your fridge.

EGGS

Not much needs to be said about eggs. They strictly provide benefits with no downside. Need an easy to make protein source for breakfast? Eggs. Don't have enough calories for the yolk? Only use the egg white. Want to make cookie dough, meatballs, or french toast? Eggs. I always have an 18 pack in my fridge and you should too.

MILK

Similar to eggs, milk can be utilized in countless ways and is included in a majority of recipes in this cookbook. Fairlife® is the brand I utilize for all of my recipes, because it tastes delicious and has double the protein per serving. If you are ballin' on a budget, regular milk will work with all of these recipes as well!

CHEESE

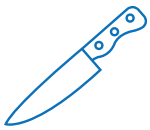
All cheeses are great, unless your name is swiss, but when I don't have mozzarella in the fridge, I feel naked. Mozzarella can easily be bought in 8oz or 16oz packages that stay fresh in the fridge for months before going bad. When you need it, shred it, and add it to whatever recipe calls for it. I always keep both fat-free and part-skim on hand.

KITCHEN GEAR

Have you ever rushed to the kitchen to attempt a new recipe, only to find out that you're lacking the required equipment to finish the job? I've experienced this exact scenario many times, and it's the WORST. Having the right tools for the job will not only allow you to create the recipe, but will also make your life in the kitchen inexplicably easier. This equates to food on the table more quickly while also being more delicious. I regularly utilize the tools mentioned on this list, and many of them are featured in numerous recipes throughout this book. While a few items on the list are only necessary in specific circumstances, after reading the details about each item, you should be able to decide whether or not you'd like to add them to your assortment of kitchen gear.

SCALE

If you don't have a scale, you won't be able to make the recipes in this book, so that is why it is numero uno on this list. A scale only costs between $20-$30 and if you buy a good one it will last you many years. Just make sure you buy one that weighs to .01 grams, so ingredients will get picked up by the scale, even if it is less than a gram.



CHEF'S KNIFE

Chopping, dicing, and slicing is a regular step in many of the recipes contained in this book and a chef's knife is an essential tool to have in the kitchen. While a knife block with an assortment of knives is extremely convenient, you only need one 8-9" chef's knife to get the job done 95% of the time. I use a knife that costs around $30, and it has completed its job for over a year. Every once in a while, you will need to sharpen it, but that is no different than any knife, even ones that cost hundreds of dollars.

CUTTING BOARD

The chef's knife goes hand in hand with the cutting board. I personally like having a set of cutting boards that includes a small, medium, and large board to use in different scenarios. However, if I had to pick one, I would get a large cutting board. By large I mean at least 18" wide and 12" long. If you have the space, a 24"x18" board is even better. This is because you can get all your prep work done without having to find other plates or accessories to put the chopped ingredients on. Ideally, you can cut all your vegetables on the same cutting board before transferring them to a sperate bowl or preheated pan. Also, you won't need to wash it multiple times during a recipe.

SMALL, MEDIUM, LARGE POTS

This is one of the areas I would recommend all sizes. Large pots are necessary to make pasta or **COOKED MARINARA** while small pots are great for, well, small parts of a recipe. A couple examples include making garlic butter or a nacho cheese sauce.

LARGE NONSTICK PAN

I love my cast iron and it is next on the list, but a nonstick pan is my go-to for many recipes because it really makes the cooking AND cleaning experience so much easier. Eggs are a breeze, grilled cheeses brown to perfection, stir frys come together in minutes, and pancakes comes out perfect every time. I would get one that is 12" and have that be your daily driver.

12" CAST IRON

Cast iron pans will literally last you generations and can cook certain recipes better than any pan I have used before. Steaks get a perfect sear, smashburgers get scraped off to keep all the tasty char on the burger, and deep dish pizzas get a crispy crust while being perfectly melty in the middle. There is a little bit of a learning curve to clean and maintain a cast iron, but once you get it down, it is an essential item for any home cook.

SHEET PAN

Sheet pans have become one of my favorite pieces of kitchen gear. You can make a weeks worth of roasted vegetables in one go OR you can make a family sized pizza with minimal effort. They will last forever and are an essential part of my cooking.

EXTRA SMALL BOWLS

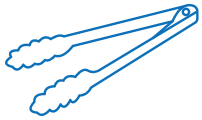
Extra small bowls are great for a faster prep or for dipping sauces. I like to have my ingredients chopped and separated into these bowls before I start cooking, especially for recipes that cook quickly.

SMALL, MEDIUM, LARGE BOWLS

Some of the recipes inside this book won't need any bowls while some will require all three sizes. It is good to have 2 or 3 bowls of each size just in case you need multiple of the same size in one recipe.

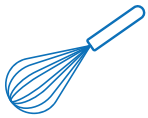
MEASURING CUP

Typically, I don't use measuring cups. However, when it comes to adding water to dough, I like controlling the pour and I can't get that with regular cups. Plus, I can gauge how many grams of water are in the cup as I am filling it up at the sink. The one I use is made of glass and measures 2 cups.



METAL TONGS

A good pair of tongs last forever. I still have the ones my dad gave me that have been in use for 30+ years. I love a spatula, but when you need more control, tongs come in clutch.



MEDIUM WHISK

Whisking is something I do daily. Having a small and large whisk is nice, but if I only had a medium whisk, I would still be able to complete all the steps necessary to make any recipe in this book, so invest in a good one.

WOODEN SPOON

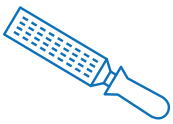
Wooden spoons come in handy when you are cooking something that likes to stick to the bottom of a pot and you want to avoid scratching its surface. What comes to mind instantly is pasta. It also won't melt like some other kitchen utensils might. Get one and get to cooking.

SILICONE SPATULAS

I never knew how much I loved silicone spoons until I started my YouTube channel. Scraping the sides of a bowl or pan mid recipe was a nightmare before I invested in some and I wish I knew about them sooner. They also protect your nonstick and are great for recipes that call for folding in ingredients.

MEAT TENDERIZER

A meat tenderizer breaks down the muscle fibers and connective tissue of a piece of meat making for a more tender and flavorful dish. I use it at least once a week and it is worth purchasing if you prep meat regularly.

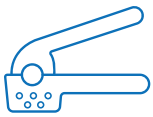


RASP GRATER

Also known as a Microplane®, I mainly use this to zest lemons/limes and grate Parmigiano Reggiano. There isn't another kitchen tool like it, and it comes in handy on a regular basis.

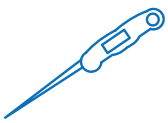
BOX GRATER

Ice cream recipes make up the majority of this cookbook, but the most used ingredient has to be cheese. I find myself grating blocks of cheese at least once per week and a box grater gets the job done time and time again.



GARLIC PRESS

I am a hoe for garlic. I will add garlic to almost anything and if it is my dish I add extra garlic. My garlic press gets used and abused and I recommend getting one for yourself. It is light years easier and faster than mincing garlic with a knife and it is used in most recipes.

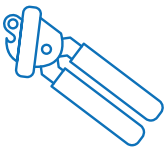


FOOD THERMOMETER

Food thermometers are clutch when making any meat. I always want to make sure my chicken breasts don't become dry and overcooked and that my steak is perfectly medium rare. Overcooking can happen in just 5-10 degrees or what can be as little as 30-60 seconds.

MESH STRAINER

While I don't use a mesh strainer very often, I always have one on hand. They can sift dry ingredients, strain liquids, and remove seeds and pulp. They are also great for finishing a dessert with a dusting of powdered sugar.



CAN OPENER

I suspect you already have a can opener, but without one my canned tomatoes would never turn into pasta sauce. Make sure you always have one on hand.

VEGETABLE PEELER

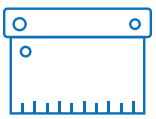
I don't need a vegetable peeler all the time, but if I want to make recipes like my **FRENCH FRIES** or my **SLOPPY JOES** I need one ready to go. Luckily, they are small and don't take up much space in any drawer.

CITRUS SQUEEZER

A rasp grater will get the zest off a lemon and the citrus squeezer will get the juice out of a lemon. If you have to squeeze more than half a lemon at a time, I highly recommend one of these. They get ALL the juice out and catch most of the seeds so you don't have to pick them out of the bowl.

BASTING BRUSH

A basting brush comes in handy when trying to add egg wash to a bun or to cover a freshly made pizza crust with garlic butter. This is another small kitchen tool that is worth having on hand.



DOUGH SCRAPER

If you won't be making any doughs, pizzas, or breads you may not need this. However, I make these recipes all the time, so this tool comes in clutch on many occasions.

KITCHEN TOWELS

I wash and dry my hands, what feels like a million times per day. Kitchen towels are also great for cleaning up the work surface and counters while you are cooking or to quickly wipe your hands off. I like to have 6-8 towels in my kitchen because I go through them quite frequently and don't want to wash the same two towels every other day.

SPRAY BOTTLE

I use a spray bottle to clean off surfaces all day long. Fill it with a concentrated cleaning solution and water for a cheap disinfectant that will keep things looking spotless.

DELI CONTAINERS

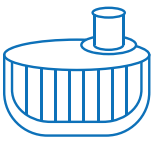
Coming in 3 different sizes, these deli containers have been a lifesaver. Since they are stackable, they save room both in a cabinet and when storing food in the fridge. They have a very tight seal and are my go-to whenever I have recipes, leftovers, or sauces that need to be put away.

MASKING TAPE

Why would you need masking tape, you ask? I use it to date all my deli containers. I was notorious for throwing something in my fridge then completely forgetting when I threw it in there in the first place, so I had no idea whether it was old or not. I simply put a piece of masking tape on the top of a deli container, label it with the date, put the top on, and throw it in the fridge. When I am done with the food, I take the tape off, and wash the container. Those little pieces of tape have helped me immensely.

ROLLING PIN

If you don't make pitas, tortillas, or pizzas, you won't need this, but it is a good tool to have if you do.

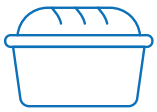


SALAD SPINNER

I just got a salad spinner and it has changed my vegetable game. It does take up some storage space, but I can successfully clean and dry a pound of lettuce in just a couple of minutes. It has helped in special cases as well, like drying off the potatoes for my **FRENCH FRIES** in just one spin.

5 BLADE MEAT CHOPPER

If you ever break down meat for tacos, sloppy joes, or make guacamole, I would highly recommend this kitchen gadget. It won't scratch up the surface of your nonstick pan and is very simple to use.



STEEL BREAD LOAF PAN (8.5"x4.5")

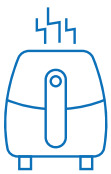
If you plan on making bread, it's a necessity. If you don't want to make protein bread, skip this one.

SERRATED KNIFE

I like having a large serrated knife for **PROTEIN BREAD** and a small serrated knife for **PROTEIN BUNS**. If you don't plan to make any dough-based recipes, you can pass on getting one.

IMMERSION BLENDER

I use an immersion blender all the time because it is efficient and effective. If I need to break down canned tomatoes, I can put the blender right into the can and the tomatoes are broken down in seconds. If I quickly need to add a xanthan gum/oil mixture into a recipe, to prevent clumping, I use the immersion blender. And don't quote me, but I hope to figure out how to make low calorie mayonnaise at home and an immersion blender is a must. A whisk or your hands can substitute for an immersion blender, but if you want ultimate efficiency, I would pick one up.



AIRFRYER

While I don't have a ton of recipes that use an airfryer, I think they should be a kitchen staple regardless. Why? They bring leftovers back to life, they cook food faster than a traditional oven can, and they can cook a side dish while the main dish is cooking in the oven. There are MANY more benefits to airfryers, but these are the top 3 I can think of.

NINJA CREAMI®

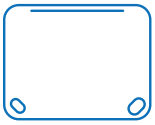
If you currently buy low calorie ice cream or you want to make low calorie ice cream, I HIGHLY recommend a CREAMi®. Making a pint at home costs about $1 and many low-calorie pints in the grocery store cost $5 or more. This will pay for itself in no time and is probably one of the greatest inventions for the home kitchen. (sorry air fryer, you are an extremely close second though) The majority of future ice cream recipes will also be made with this appliance, so it is a must have if you want to be eating new ice cream recipes for the foreseeable future.

FROTHER

This is an appliance strictly used for my ice cream recipes, so you may not need this if you don't plan on getting a CREAMi®.

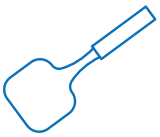
NINJA® BLENDER

The Ninja® Blender I have is technically a 3-1 that includes a blender, food processor, and a single serving bottle. The blender is used for my old ice cream recipes while my food processor is frequently utilized throughout the book.



PIZZA STEEL

If you are going to make pizzas or any recipes that include dough, I would buy one in an instant. It browns the bottom of a pizza unlike any other piece of equipment and reheats frozen dough recipes in minutes. It is easy to clean and maintain and sits in my oven at all times. I use it many times per week, and I'm just upset I didn't start using it sooner. I would buy one that is 16"x16" so you have room to work with when placing a pizza onto the steel and also have the option of baking an extra-large pizza if you would like.



PIZZA PEEL

This makes life 10x easier if you are making pizza. Shoot pizzas into the oven with ease, quickly grab them once they are done, and hang the peel up when you are finished cooking. If you are going to invest the money for a pizza steel, I would invest in a pizza peel as well. They will last you a lifetime. Make sure you buy one that matches your steel. If you buy one that fits 16" pizzas, but only buy a 14" steel, you are paying more for no reason.

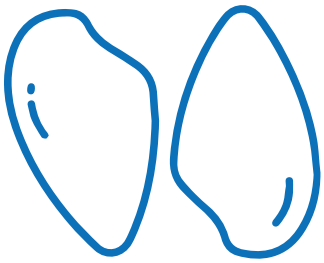
COOKING TECHNIQUES

FOR MAXIMUM FLAVOR

There are a million in-depth, scientific explanations for good cooking techniques out there. However, from the beginning, my goal in creating this cookbook was to explain everything in the simplest terms possible. Any actual chefs or experienced home cooks will probably scoff at my explanations, but as long as they make sense to you and you can apply them in the kitchen, I am a happy Exercise4CheatMeals.

These are beginner techniques and can become way more advanced if you want them to be. If a particular technique piques your interest, I highly suggest reading more articles or even buying a book to really take your knowledge to the next level. I recently purchased The Food Lab by J. Kenji López-Alt and I learned more in the first 30 pages than I have watching countless videos on YouTube.

I am no different than you and am learning new things in the kitchen every single day. That being said, as I learn new techniques and/or improve techniques already in this section, I will make updates. That way, as I learn, you can too.



PREPARING CHICKEN BREASTS

It took me more than 10 years to make chicken breasts that I can enjoy without any sauces, oils, or seasonings.

Just salt and chicken.

Don't make dry and bland chicken like I did for over a decade. Simply apply the following steps before cooking your chicken.

1. Trim your chicken breasts, ideally using kitchen scissors.

Everyone has had an experience where they bite into a chicken sandwich and it is rubbery, gross, and ruins the rest of the meal. This is typically caused by tendons, and we can remove them quickly and easily along with any excess fat.

a. Place the chicken breast on a cutting board with the smooth side facing up.

b. Using scissors, remove any visible tendons and fat from the chicken breast.

c. Flip the breast over and find the tendon. It usually runs down the middle of the breast and ends in the thick part of the breast towards the corner.

d. Cut the corner of the chicken breast to remove the tendon and any fat that may not have been removed from the chicken before it was packaged.

of course use these scissors in the KITCHEN ONLY and wash after each use

2. Tenderize your meat.

Tenderizing your meat essentially just means beating your meat. It only takes a few seconds and ensures even cooking and tender meat.

a. Place a chicken breast into a gallon bag.

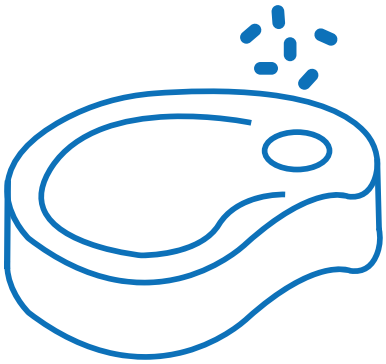
b. Using the flat side of a meat tenderizer, pound the chicken gently, starting from the center of the meat and working your way out.

c. Once the entire breast is about a half inch thick, it is finished.

d. Repeat for any remaining chicken breasts.

3. Salt your chicken.

Salt can come in many forms, but this step is crucial to retain as much moisture in your chicken breasts as possible. Nine times out of 10, I either dry brine my chicken or throw it in a bag, add a marinade, and let it sit overnight. Then, I cook it the next day. If you have never brined chicken before, check the next cooking technique!



BRINING/DRY BRINING MEAT

WHAT: Salt is added directly on the meat itself or it is dissolved in water and the meat is added to the saltwater solution.

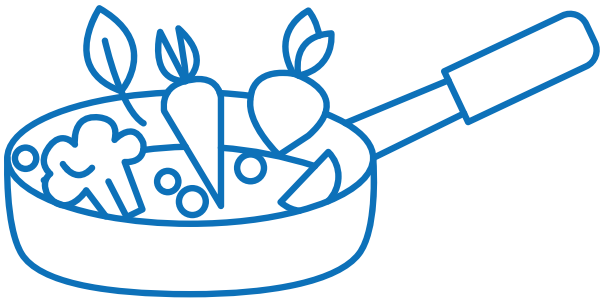
WHY: A brined piece of meat can hold more moisture than the same cut of meat that wasn't brined. The ability to retain more moisture will make for a juicier final product. In my experience, this is the case even when the meat is slightly overcooked. Brining is especially important in lean cuts of meat such as chicken breast and porkchops because these cuts are far more prone to overcooking, which leads to a dry, chewy, and lifeless dinner.

HOW: For a wet brine, I like to use a 5% salt to water ratio. This simply means I will add 5 grams of salt for every 100 grams of water.

1. When ready to brine, add enough water to fully submerge the meat in your container, add salt, whisk until salt is dissolved, and add your meat.
2. Cover with a lid or plastic wrap, refrigerate, and let the meat brine for at least an hour, as long as 12 hours.
    a. Everyone's palate is different, so I suggest testing different lengths of brine time to get the perfect saltiness for you. However, I would be careful as wet brines are very powerful and if you leave a chicken breast overnight it may become too salty for your liking. I would start by brining for an hour and increase the brine time each time you cook until it becomes too salty. You will then know your brine time limit for the rest of eternity (or at least until your taste buds change). Larger or thicker cuts of meat, such as a pork tenderloin or a whole turkey, will take longer and will again be something you have to test for yourself.

For a dry brine, I like to use a 1.5% salt to meat ratio. This simply means I will add 1.5 grams of salt for every 100 grams of meat. If you would like to make it even simpler, you can use 1 gram of salt for every 100 grams of meat. The most important part of a dry brine is to make sure every square inch of meat is covered. For example, when I dry brine a chicken breast, I will completely and evenly coat both the top and bottom with salt. I highly suggest you weigh out your salt before adding it to your meat. Oversalting is easy to do if you are pouring straight from the container. Refrigerate the meat uncovered for at least 1 hour or up to overnight and you are ready to cook. If you are worried about uncovered raw meat in your fridge, you can loosely cover the meat with aluminum foil, making sure it still has room to breathe. In my experience, dry brining is more forgiving than a wet brine in that it takes longer for the meat to become overly salty.

THE MORE YOU KNOW: You can also add sugar to your brine, but I have never done so. If you end up using sugar, please send me an e-mail or DM on Instagram and let me know which cut of meat you used and if you think it's worth adding.



ROASTING VEGETABLES

WHAT: Whole or chopped vegetables are put into an oven or under a broiler.

WHY: Some people think vegetables are gross. I used to be one of those people. Similar to chicken breasts, if prepared and cooked correctly, vegetables can be delicious. Roasting vegetables enhances their flavor, brings out some sweetness, and leaves them with a caramelized exterior and a crisp, yet tender, interior.

HOW: I think of roasting vegetables in two methods — slow roast and broil.

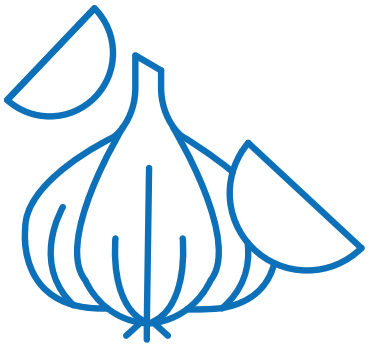
SLOW ROAST

1. Chop vegetables into similar-sized pieces to ensure even cooking.
2. Add to a large bowl, lightly coat with oil and seasonings of choice, and toss.
   - Make sure you don't soak them in oil unless you need the added calories. 10-15 grams of oil goes a LONG way.
3. Place vegetables on a sheet pan lined with parchment paper and arrange in a single layer.
4. Bake in a preheated 400°F oven for 20-40 minutes, tossing halfway through.
   - Every vegetable is different and may require a range of cooking times, especially with the added variable of different ovens. This is where you will have to experiment and see what works for your palate.

BROIL

1. Preheat broiler on high.
2. Line a sheet pan with aluminum foil and place the vegetables, whole, on the pan.
3. Place the pan in the oven with the top of the vegetables about 3-4" from the broiler. Some ovens have the broiler below the oven, but for most ovens this means placing the sheet pan on the top rack of the oven.
4. Broil the vegetables for 3-10 minutes, or until the skin is charred and blistered on all sides.
5. Using tongs, occasionally turn vegetables to ensure even cooking.
6. Remove from oven and let cool for 15 minutes.
   - Some people will tell you to put the vegetables in a bowl and cover with a lid to steam them. This method is supposed to help more easily peel the skin off, but made no noticeable difference in my testing with both poblanos and red peppers. Feel free to try both and let me know your results!
7. Peel the burnt outer skin off the vegetables.
8. Add a pinch of salt over the top, chop into bite sized pieces, and refrigerate.
9. Use within a week and add to any dish that could use an extra boost of flavor.

*Vegetables that I commonly like to broil are red peppers, poblano peppers, and green peppers. This is another good place to experiment with other vegetables and see what you like!



ROASTED GARLIC

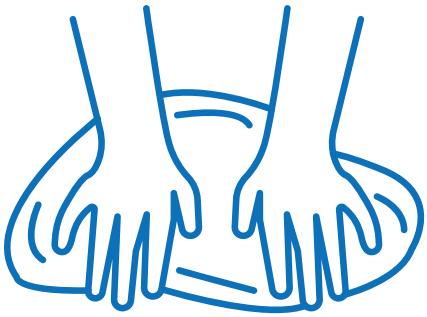
WHAT: Putting a head of garlic into an oven.

WHY: I always keep roasted garlic in my fridge because it is an easy addition to a main dish, side dish, or sauce as an instant flavor boost with minimal effort. Since I use roasted garlic in various dishes throughout the cookbook, I thought roasted garlic deserved its own section.

HOW: Get a knife, aluminum foil, and salt.

1. Take a full head of garlic and chop off the top so that the tips of the cloves are exposed.
2. Lightly spray top with oil, add a pinch of salt, and a dash of pepper.
3. Wrap the garlic head in aluminum foil and bake in a preheated 400°F oven for 45 minutes.

TIP: I highly recommend making at least a few heads of garlic at once. Once you see how simple it is to do and how it adds great flavor to almost any dish, you will find yourself going through multiple heads per week.



KNEADING DOUGH

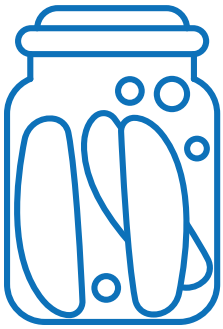
WHAT: Rolling a formed dough back and forth on a work surface.

WHY: When the dough is kneaded properly, it develops gluten, improves texture, and increases elasticity aka makes it easier to shape before cooking.

HOW: Kneading gets a bad rap, but is actually extremely simple. I recommend doing it while listening to music, watching a tv show, or watching your favorite YouTuber.

1. Lightly dust your work surface with flour and place your dough on it.
2. Press dough down and away from you using the heel of your hand.
3. Fold the dough in half and press it down, pushing it away from you as you do so to elongate it just enough to fold it again.
4. Repeat steps 2 and 3 until the dough becomes smooth and elastic. This usually takes 5-10 minutes.
5. Shape the dough into a ball and place it into an oiled bowl or container and cover for 1-2 hours or according to the recipe's instructions.

*I purposely formulated most of my recipes so kneading wasn't required. However, if you feel your dough is too wet, shaggy, or stiff, it wouldn't hurt to knead it for 5-10 minutes before putting it in a bowl to rise.



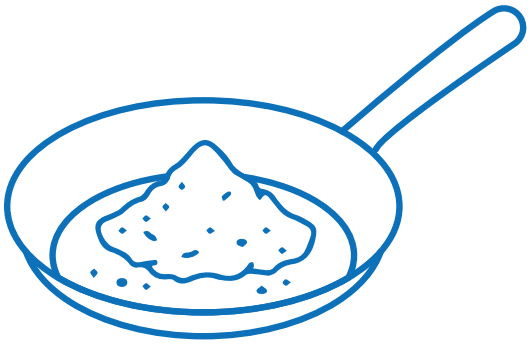
PICKLING VEGETABLES

WHAT: A salt solution used to preserve vegetables while enhancing their flavor.

WHY: To be frank, they are delicious. Bread + butter pickles anyone? In all seriousness, pickled vegetables massively extend the shelf life of the vegetable while improving their flavor. They are also extremely convenient while being insanely versatile. Grab them out of the fridge and add them to a sandwich, salad, or eat them straight out of the jar.

HOW:

1. Slice vegetables into desired size and shape. Place them in a glass jar or plastic container.
2. Boil even parts water and vinegar along with salt and any spices you want to add for additional flavor.
   - Common spices added are garlic cloves, black peppercorns, and dill.
3. The amount of salt added will vary depending on what vegetables you are using and personal taste preferences, but a good rule of thumb is to add 15-30 grams of salt per every 1000 grams of vinegar solution.
4. Once the vinegar solution comes to a boil, remove from heat, let it cool for 5-10 minutes, and pour over the sliced vegetables.
5. Cover with a lid and allow it to come to room temperature.
6. Store in the fridge and allow those flavors to develop. The longer you let it sit, the stronger the flavor will be. Most of these vegetables should stay good in the fridge for up to 6 months.



BLOOMING SPICES

WHAT: Adding ground spices to a hot pan with a thin layer of oil.

WHY: How long ago were your spices dried and ground? The first time someone asked me this question it opened my eyes, wide. Some of the seasonings in your pantry could be months, if not years old, even if you recently bought them. When cooking, blooming spices will help release their natural oils and aromas while simultaneously creating a smoother texture in a dish. Simply put, blooming your spices will enhance the flavor of any dish with nearly zero extra effort.

HOW:

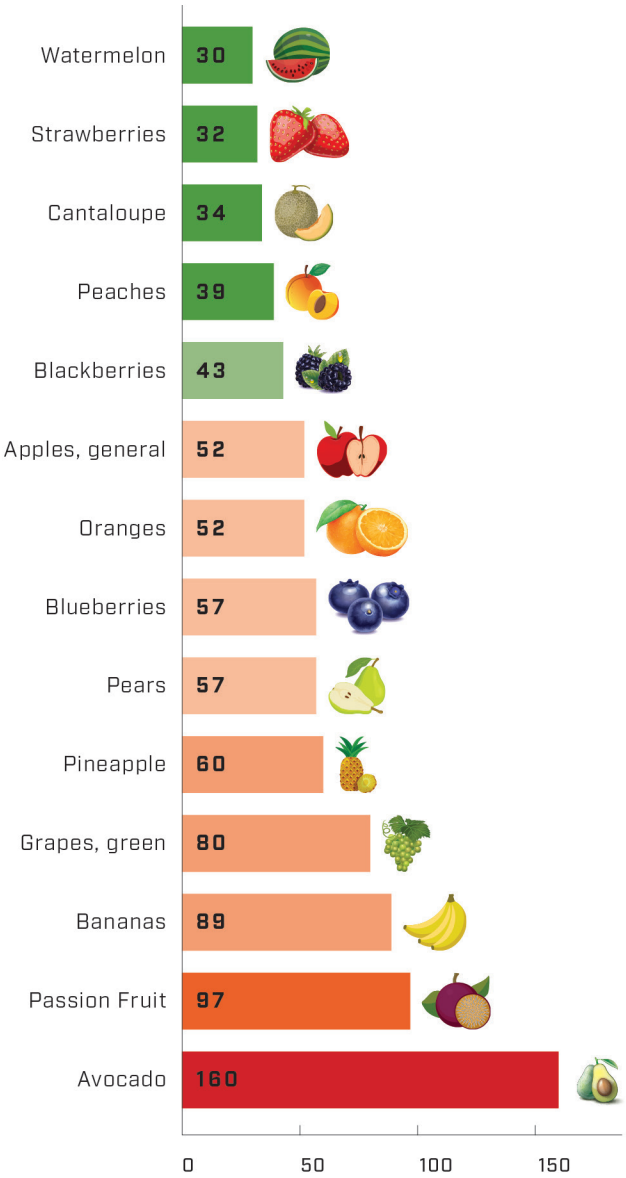
1. Add spices to a small bowl and mix to combine.
2. If your preheated pan is empty, add a few grams of oil to the middle of the pan. If the pan has food in it already, create a "dugout" in the middle of the pan and then add oil. Let the oil heat up for 20-30 seconds and then add the seasonings.
3. Mix the seasonings with the oil and let them cook for 30-60 seconds or until they become fragrant.
   a. If the pan is very hot, continuously stir the oil/spice combination to prevent burning.
4. Combine the rest of the food with the seasonings and continue following the recipe's instructions.

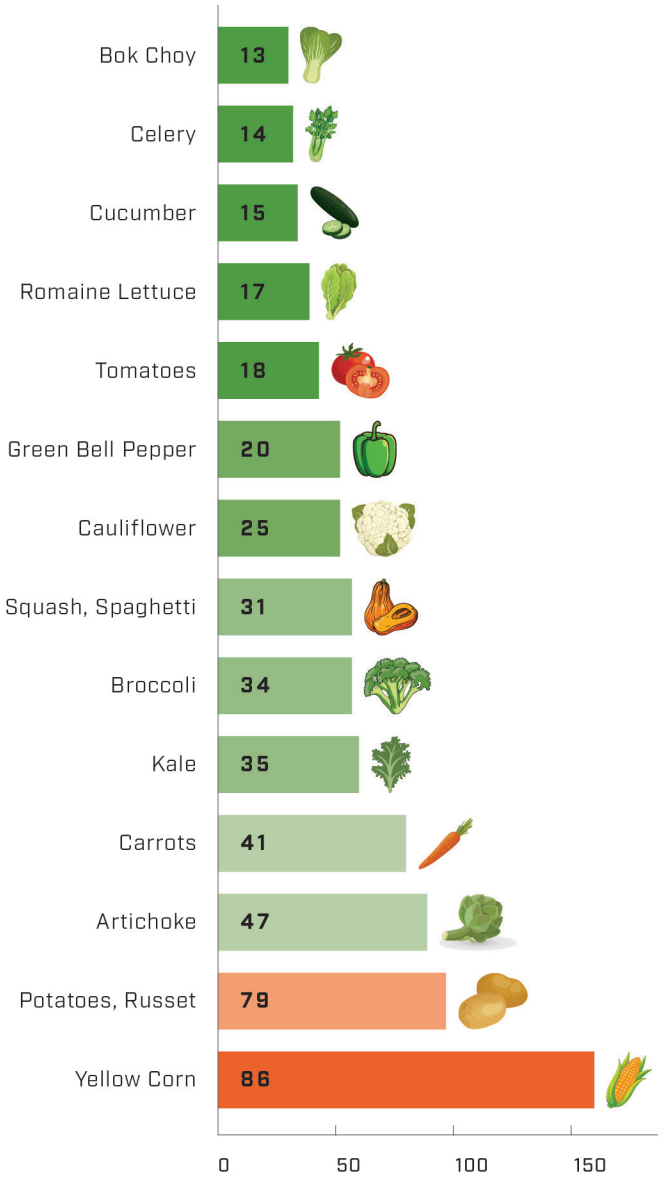
INFORMATIVE ILLUSTRATIONS

Having easy to read charts and tables in your pocket that you can quickly refer back to is MASSIVELY beneficial. They can be used for meal prep ideas or to help you choose the foods you want to introduce in your weight loss phase to keep hunger at bay. Since I created these tables and charts, I have used them nonstop, and I think they will be just as useful for you.

CALORIES PER 100G FRUITS AND VEGETABLES

While I think all fruits and vegetables can and should be eaten, I also think knowledge is power. It's always good to know which ones contain more calories versus the ones that can be eaten by the truck load without many calories being added to your daily total. Below I have two graphs, one for fruits and one for vegetables. They are in order by the least to the most calories per 100 grams. If the fruit or vegetable isn't shown here or you want to see the full tables, check them out **HERE**.



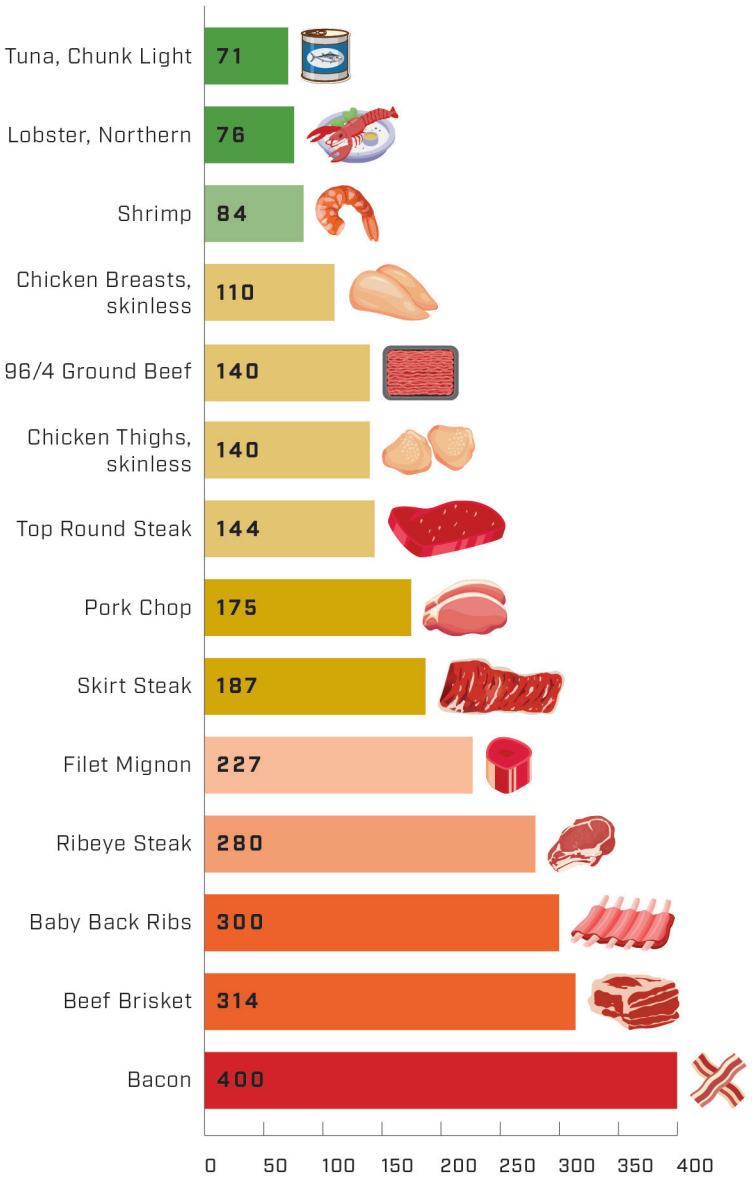


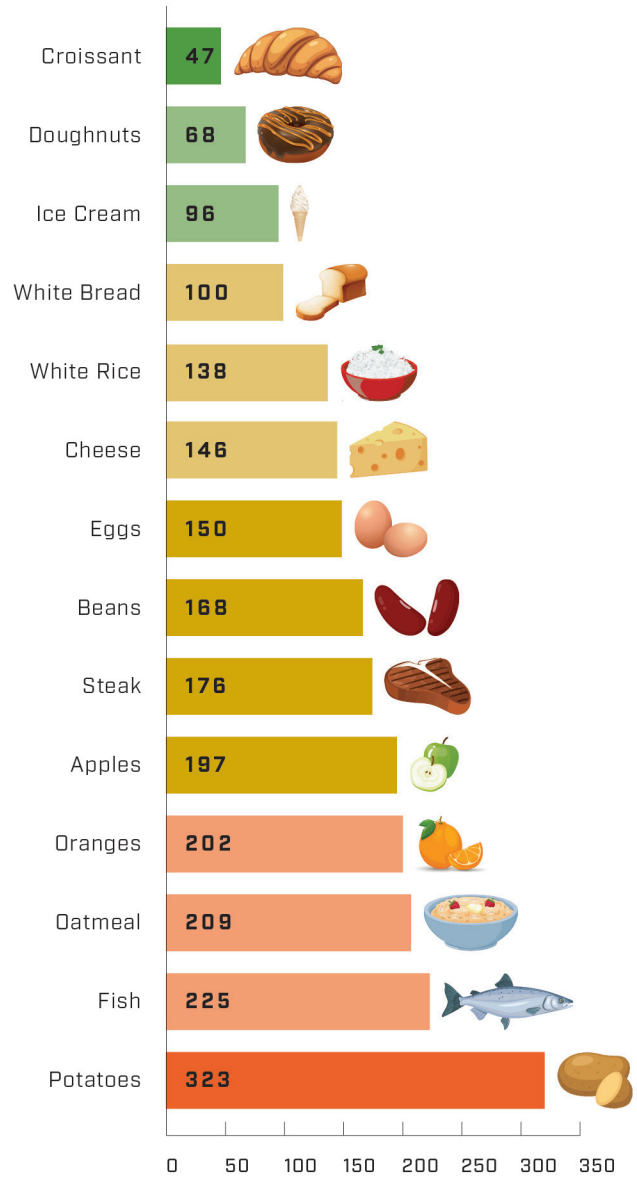
CALORIES PER 113G MEAT AND SEAFOOD

Many people eat the same types of meats for months on end, which can get boring fast. There is a plethora of meats that can be added to a diet and in the chart below I have listed different cuts of meat and seafood from the least to the most calories per 113 grams. If the cut of meat you are looking for isn't on this chart, check out the full table **HERE**.

SATIETY INDEX

When you aren't hungry, or what people in the medical field call satiated, there is a significantly reduced chance of snacking or overeating both during a meal and in-between meals. In other words, the more you feel satiated during a weight loss phase, the better chance you're going to have of losing your goal weight. **PRIOR STUDIES** have shown what foods seem to make people feel more satiated than others, which I have added to the chart below. Potatoes have worked the best for me personally, but everyone is different, so if one of these highly rated foods doesn't work for you, try another one. If you want the entire satiety index list, check out the table **HERE**.

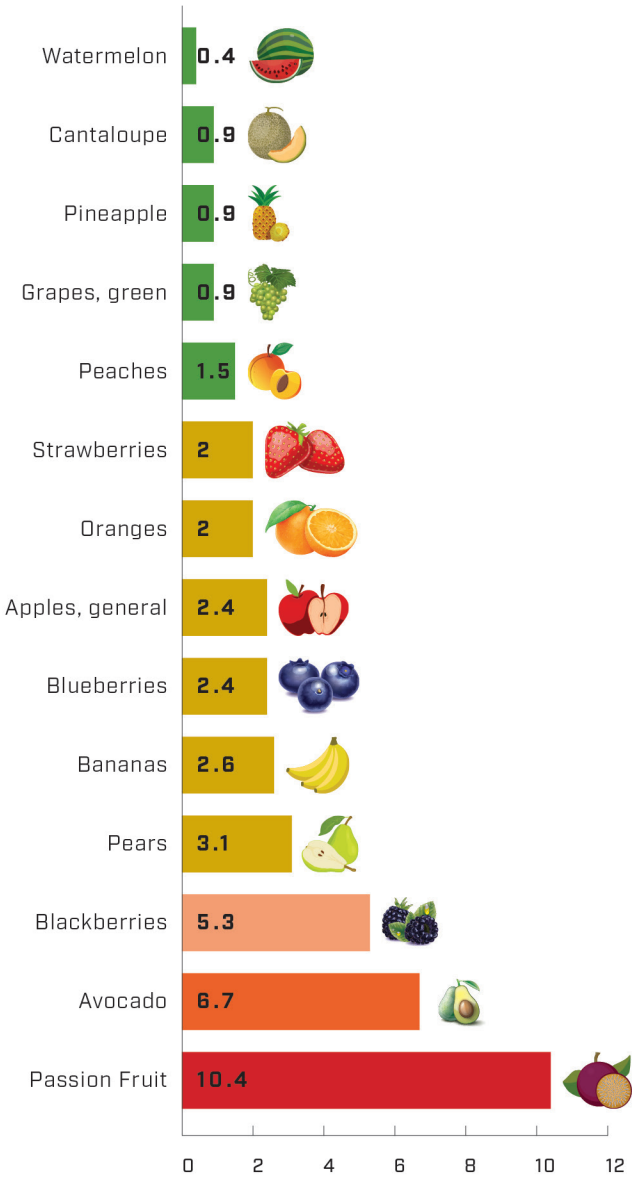


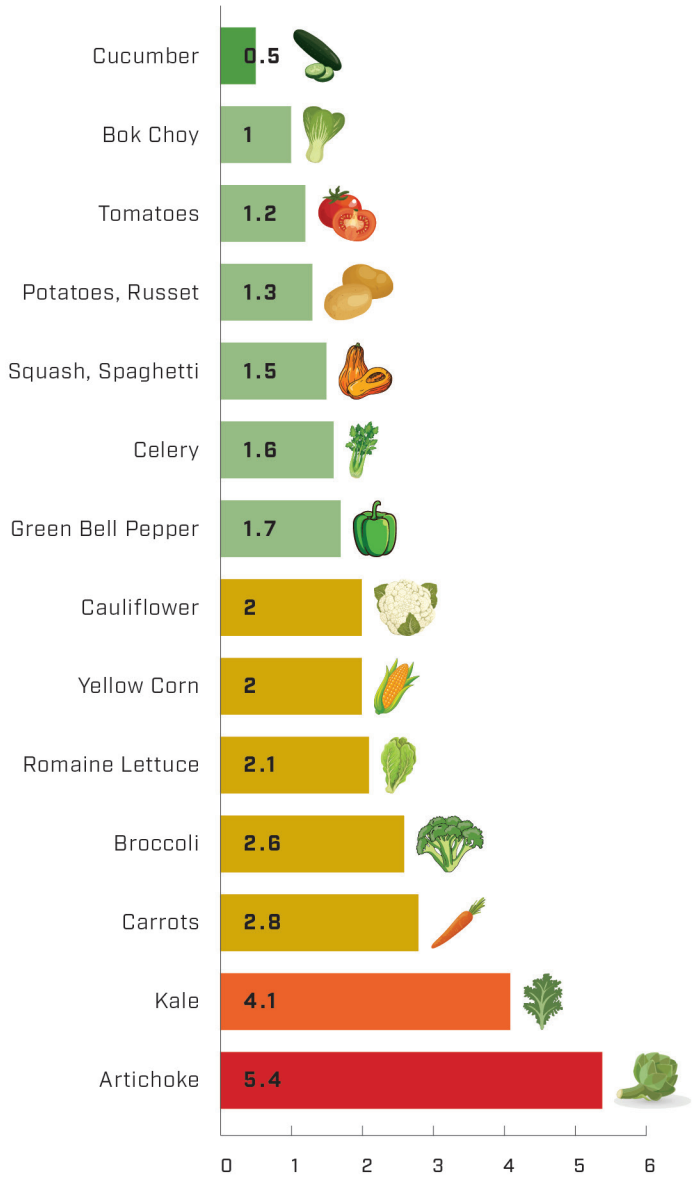


FIBER PER 100G FRUITS AND VEGETABLES

Knowing how many calories are in fruits and vegetables is great, but knowing how much fiber is in them can be a game changer. I can write a whole book about fiber, but let's keep it simple. The FDA recommends we eat at least **25 GRAMS OF FIBER PER DAY**. Consuming enough fiber every day helps regulate blood sugar, **LOWER CHOLESTEROL, LOWER BLOOD PRESSURE**, and keeps you full. AKA it has so many benefits there is really no reason not to consume it.

Fiber forms a gel-like substance slowing the digestion of your food through your intestines and makes you feel full faster and longer. While having a sufficient amount of fiber every day is recommended, this can be difficult if you don't know where to get your fiber from. This is further reiterated by the data showing that 95% of people don't meet **DAILY FIBER RECOMMENDATIONS**. In the charts below, I have listed 14 different fruits and vegetables that have varying fiber per 100g. If you would like to see the fiber amounts in every fruit and vegetable, check out the reference tables **HERE**.





FREQUENTLY ASKED QUESTIONS

[PLEASE READ]

1. Should I eat every meal exclusively from this cookbook?

While you certainly can eat every meal out of this cookbook, it's not necessary. I typically eat 1-2 meals from the book everyday while also rounding out my other meals with simple snacks, a variety of fruits and vegetables, and leftovers.

2. Am I guaranteed to lose weight if I eat from this cookbook?

No.

Your calorie intake can exceed the calories you burn everyday even if you were strictly eating fruits and vegetables. Regardless of the food choices, if you're in a calorie surplus, you will gain weight. It is important that you track your calorie intake, figure out if what you are eating is bringing you closer to your goals, and adjust from there.

3. Are the nutrition facts 100% accurate?

No, but they are as accurate as I could get with the information at hand.

While I am as consistent as possible in tracking each and every item of food I put into this cookbook, it will inevitably have errors.

Some common places where discrepancies can occur are the food label itself, the actual weight of the food vs what the listed weight says on the label, different dietary fibers, and the quality of the nutrition label testing.

For example, labels always round the calories down, so what might be 108 calories is actually labeled as 100 calories. If there are 5 servings in a recipe that is a discrepancy of 40 calories.

The good news is that companies and labels have been doing this for decades and people still have success losing weight. If you aren't losing weight and are consistently eating similar things, all you need to do is lower your calorie intake and you will start losing weight as long as you are in a calorie deficit.

4. How do I accurately track recipes that use breading or marinades?

The only way to legitimately track the breading is to weigh out the dry and wet ingredients before and after breading and then divide the leftover into all of the ingredient amounts. Then you must subtract from the total amount of each ingredient and log it. Sound confusing? That's because it is. This is a tedious process and when I perform tests for any recipes that utilize breading these are the steps I follow. I then take the average of all my test recipes and log it into my calorie tracking app. Save yourself the time and effort and let me do all that work for you.

As far as marinades go, it is impossible. The videos I have watched pertaining to this subject show that the marinade will penetrate the surface of the meat, but I will never truly know how much of that stays in the meat or gets cooked off. This brings me back to the last answer, where just adding 100 calories at the end of the day to my daily calorie log is the way to go. This should make up for anything that was near impossible to calculate accurately.

5. Do you have any recommended kitchen equipment?

I made an **ENTIRELY SEPARATE PAGE** for the equipment I think is necessary when owning this cookbook and why. I also made a **PANTRY LIST** of things I commonly keep in my kitchen and why, which you should check out as well.

Also, I made an Amazon store page that has the supplies I use in many of my recipes.

You most certainly do not need all these items and can use minimal equipment for a majority of these recipes.

For example, if you plan to make ice cream, you need to have a CREAMi® and/or Ninja® blender to make them. However, if you won't be making any ice creams, but want to make pizzas, then I highly recommend a pizza steel and pizza peel.

You can make pizzas without these tools, but it makes the process of making and cooking them exponentially easier. Plus, if you buy these kitchen tools once, you have them for a lifetime.

6. Does it matter what blender I use for ice creams?

Yes, absolutely! I broke 2 blenders trying to make protein ice cream before I got my Ninja®. In my experience, and from everyone's feedback, this is the only blender I would recommend for long-term use. You don't need the expensive one either! The first one I bought was their entry level, $70 dollar blender. You can get them even cheaper on Facebook Marketplace, both new and used.

7. Do you have any recommended supplements and special ingredients?

As noted above, I will refer you to my Amazon store page for special ingredients, but almost everything can be bought in store as well.

Some common ingredients in my recipes that aren't typically used in most home kitchens are vital wheat gluten, oat fiber, xanthan gum, guar gum, diastatic malt powder, as well as many more.

8. Some of these ingredients are expensive, are they worth it/necessary?

That is something you are going to decide for yourself and take on a case-by-case basis. For example, vital wheat gluten costs me about $20 for a 4 pound bag, but it lasts me months. Not only that, but it has the same calories and macronutrient content of protein powder but is about ¼ of the price. Xanthan gum costs also costs about $20 for a pound, but even if you ate one ice cream per day, would last you well over a year.

9. Can I substitute ingredients?

Yes, you can most certainly substitute ingredients. However, I cannot guarantee perfect results if you try to directly substitute in ingredients. For example, coconut flour for regular flour. You will have to use some trial and error and attempt the recipe a few times, if not more, when an ingredient that doesn't substitute 1 to 1 is added. I highly recommend researching anything you will substitute in before you waste your time making a recipe for it to turn out at best mediocre to at worst garbage.

10. Is measuring food ACTUALLY important?

Absolutely 100%.

In terms of reaching your desired physique, reaching a point where you don't have to measure out portions and can eat intuitively without putting on extra weight is the end goal. However, this is a process that takes time, effort, and repetition. Even though I can look at a plate and guess pretty accurately how many calories are on it, I still count my calories when I am trying to lose weight. It takes all the guess work out of it and will make it much easier to adjust your calories if you aren't losing weight.

For example, I had a client that was following a keto diet and not counting calories before coming to me. He ended up gaining 17 pounds over a 6-month period. Once he started counting his daily caloric intake, he realized that every day he was actually eating 300-500 calories more than what his body needed to maintain his weight. That revelation completely changed his perspective, and he ended up losing nearly 50 pounds over the following 7 months.

In terms of recipes, it is also very important. I have seen firsthand cups and tablespoons measured wildly differently and can cause the recipe itself to be ruined. The recipes that include flour or xanthan gum are the most important. Regardless, spending the $20-30 on a scale is well worth the investment to make perfect recipes over and over again.

11. Why do some of the recipes call for extra meat/sauce when the final recipe only needs a small amount?

There are two main reasons for this.

The size of a piece of steak or chicken varies widely package to package. One piece of steak may weigh 16 ounces while another weighs 8 ounces. Also, chicken breasts are usually sold in multiples, which complicates the situation even more. It is easier to find a package of 3 breasts and cook them all at once than to find just one, which leads me to my next point.

Prepping and cooking meat takes time and time is extremely valuable to most people. It would be tedious to pound out, brine, and cook one serving of meat every day, so instead I list enough for multiple meals throughout the week. Then, for the rest of the week, making the same dish will take a fraction of the time it did the first day. However, there are no rules in the kitchen and if you want to make one serving at a time, that is 100% your call.

12. What is the difference between cooked meat and raw meat?

To keep it simple, cooked meat usually weighs 3/4 or 75% of what raw meat does because of the water and fat that releases during cooking.

For example, if a recipe calls for 112 grams of raw meat then, once cooked, that same meat will weigh about 84 grams.

This value will be slightly different for different cuts of meat, but this is a great ballpark to use. If you would like to be as accurate as possible, weigh out your meat after it is cooked and divide by the number of servings.

13. What should I do if I want to eat your cookie dough recipe, but I don't want to eat raw eggs because I am worried about salmonella?

You have one of two options.

You can pasteurize your own eggs, which is a fairly simple process.

You can substitute the raw eggs for boxed egg whites which are already pasteurized.

14. What should I do if a specific ingredient is out of stock or unavailable in my country?

Please email me at **CONTACT@EXERCISE4CHEATMEALS.COM** with the ingredient you are looking for and where you live, and, if possible, I will come up with a solution.

15. What is erythritol?

Erythritol is an artificial sweetener or sugar substitute that is used to sweeten foods without adding additional calories to them. It is about 60-70% as sweet as table sugar. While technically a carbohydrate, it adds very little, if any, calories to a recipe. It also does not affect blood sugar or insulin levels.

For example, my Lucky Charms Ice Cream has 45g of erythritol and it adds, at most, ten calories to the recipe. If the same amount of sugar was added in place of erythritol, it would add 180 calories to the recipe. That is more calories than in the entire recipe itself!

16. Does erythritol have calories?

This is up for debate as I have seen studies cite that there are 0 calories in 100 grams of erythritol while others have said there are up to 23 calories per 100 grams. For the purposes of continuity and transparency I did not count the potential calories from erythritol because there is no clear evidence on the matter.

If you want to cover all your bases, you can add the calories from erythritol to your calorie tracking app on a recipe-by-recipe basis. I prefer to just add 100 calories at the end of every day to "make up" for any calories I may have missed, like calories coming from mustard, a few sprays of oil, or a small amount of veggies.

17. Why do you use erythritol to sweeten everything?

Out of all the sweeteners, erythritol is digested the best while causing the least, if any, side effects.

Has the least calories per 100g of nearly every sweetener.

It is the most cost effective.

Erythritol replaces sugar in a 1-to-1 ratio in every brand I have purchased so far.

18. Can I substitute other sweeteners and/or brands for one another?

Yes, absolutely. I typically use Swerve® or Purecane® for my sweetener, but more companies have been popping up that make their own brand of erythritol. I would use whatever you prefer, just try to make sure it is a 1-to-1 ratio when replacing sugar.

However, it is important to note that different brands of sweeteners have slightly different tastes, effects on a recipe, and overall sweetness.

19. Why do you mention specific brands on some recipes?

The first reason I mention specific brands is because that is what I used and got me to the final dish you see in the pictures throughout the cookbook. Other brands will work, but may produce a slightly different texture or taste. For example, there are other whey/casein protein powder blends, but the flavor of the protein powder itself will also have a huge impact on the taste of the dish. If the vanilla protein powder you use isn't that good in terms of flavor, it is more than likely that your recipe won't taste that good.

Secondly, there are just some brands that I find to be far superior to others in terms of taste. Tomatoes are a great example. Ethan Chlebowski actually did a phenomenal video about canned tomatoes that you should check out at some point. In his video, he asks the question, "Are the more expensive tomatoes worth the price tag?" and then runs a bunch of tests on them. I have found Cento® San Marzano whole peeled tomatoes make for better sauces, dips, and are

just better tasting tomatoes overall. Again, feel free to use other brands if there are ones you prefer.

Lastly, I pick specific brands because of the calories and macros. For example, La Banderita® tortillas are only 45-80 calories a piece when most other tortillas are 110-220 calories for the same size tortilla. You may eat 2-3 tortillas in a recipe which will save you hundreds of calories on your daily caloric intake.

20. Why do some recipes have net carbs added to them?

Put simply, net carbs are the amount of carbs in a given recipe that the body can actually utilize to store or use as energy — AKA the carbs that have calories. For example, erythritol is technically counted as a carb, but as it travels through your body and is broken down, the body can't metabolize it. In turn, it can't be used by the body as calories and is eventually excreted in your urine.

21. My baked recipe is dry and AWFUL. Why is this in the cookbook?

There could be a variety of reasons that the recipe didn't come out as desired. Some recipes, such as my muffins, could become dry if overcooked by 1-2 minutes. Other recipes may rely on fats and if substituted or eliminated completely, will totally alter the taste and texture of the dish. If you have questions about a specific recipe, please email me at **CONTACT@EXERCISE4CHEATMEALS.COM** and give me as many details as possible as to how it was prepared and cooked and what the issue was. If possible, I will try and come up with a solution.

22. Why am I getting different calories when I input the recipe into my calorie tracking app?

For a single ingredient, each brand can have a significant difference in macros and total calories even if it is technically the "same" product. Even the same brand can change their manufacturer or ingredient list every few years causing the exact same product to have different calories and macros.

In this **TABLE**, I added frequently used ingredients along with the calorie count and macros I used to calculate the total macros for any given recipe. I did this to keep as much consistency as I could throughout the book, but if you want to be as accurate as possible, log each product you use manually into your calorie tracker.

23. Do I have to use fat-free milk in ice creams?

Absolutely not. I have heard of people using almond milk, cashew milk, and several others. I think milk gives the most authentic flavor of ice cream, but if you can't drink cow's milk for whatever reason then feel free to use your milk of choice.

24. What if I need more detail than the instructions have?

While I try to give as much detail as I can in each recipe throughout the cookbook, there is only so much that can be explained through words. If there are any additional questions about a certain step and what it should look like I highly suggest checking out my YouTube video on the recipe. If it still isn't clear or you have further questions, e-mail me at **CONTACT@EXERCISE4CHEATMEALS.COM**. I will try and help you troubleshoot what may have gone wrong or something else you may be able to try.

25. Why are some of the instructions or ingredients different than your YouTube videos?

In the process of making this cookbook, I typed up and made every single recipe I ever created. I wanted to make sure each recipe lived up to my current cooking standard. As I have gotten more and more experienced in the kitchen, I have started using different techniques and ingredients that have made my recipes better. If I made a recipe and felt it didn't reach this new standard I went back and tested the recipe several times with slight tweaks as if I was going to make a new video on it. Although many of the recipes are the same as when they were posted, there are a handful I went back through and updated to make a tastier and more flavorful dish.

26. What if my dough is too dry or too wet?

Luckily, the solution is pretty simple, but the reasons for why it's happening are pretty complex. If you are making a recipe that includes dough and it's either too wet or too dry, you will need to:

- Add 5-10g of liquid.
- Add 5-10g of flour.

If you have to add more flour, just note that for next time and use less liquid so you don't have to add calories to the dish.

Although I test every recipe several times to make sure it can be universally used, dough can be affected by the season, the humidity or lack thereof, the brand of flour, and more.

RECIPES

RECIPE PAGE BREAKDOWN

This is a photo of the **COMPLETED RECIPE.**

Approximately how many **SERVINGS** are in each recipe.

The **INGREDIENT SECTIONS** refer to a group of ingredients used in combination during a certain part of the recipe. The sections will be capitalized in the directions so you can easily identify what you are looking for on the ingredient list.

This is the per serving breakdown of the **NUTRITION FACTS** for the recipe. If there is only one serving, these are the macros for the entire recipe. If there are two pages of instructions, the macros will be located on the second page.

If you **SCAN THIS QR CODE** with your camera or click on it if viewing on your phone, it will take you straight to the recipe video.

If you tap on the book title, it will take you back to the **TABLE OF CONTENTS** for quick navigation.

The title of the **RECIPE** also doubles as a clickable link you can utilize to go to the recipe video.

DIET CHEAT CODES

CHEESY BREAD

SERVES 1 | PREP 1.25 HRS | COOK 15 MINS

The amount of **TIME** you will need to prep the recipe if you have the ingredients on the table, ready to go. It also includes waiting time. For example, letting chicken brine or letting dough rise. This means **PREP TIME** does NOT mean physical working time.

INGREDIENTS

DOUGH

DRY

115g all-purpose flour
30g vital wheat gluten
2g salt
3g instant yeast
5g granulated erythritol

WET

5g avocado oil
1g imitation butter
105g water

COATING

30g corn meal

INSIDE CHEESE

42g fat-free mozzarella cheese
42g part-skim mozzarella cheese

OUTSIDE CHEESE

14g fat-free cheddar cheese
14g fat-free mozzarella cheese
14g mild cheddar cheese
14g part-skim mozzarella cheese

TOPPINGS

5-6g garlic oil
Pinch dried parsley

BATCH GARLIC OIL

100g avocado oil (or oil of choice)
3g imitation butter
4g garlic powder
2g salt
5g grated parmesan cheese

DIRECTIONS

1. Add Dry Ingredients to a food processor and process on high for 15 seconds.
2. Add avocado oil and imitation butter to food processor. Heat water up to 110°F.
3. While processing on high, pour water into the food processor over a 15 second period and continue to process for an additional 30 seconds.
4. Dump dough onto the counter, **KNEAD** for 1-2 minutes, form into a ball, put it in a lightly oiled bowl, cover, and let rise in a warm place for one hour or until doubled in size.
5. While dough is rising, shred the cheese, make the garlic oil, and/or make a **FOOLPROOF HOMEMADE MARINARA** for dipping sauce.
6. Pour cornmeal on the top of the dough, flip dough out onto counter, and sprinkle additional cornmeal on the top.
7. Using the tips of your fingers, press and stretch dough until it is shaped into a roughly 9x8" rectangle.
8. Mix Inside Cheese together, then sprinkle the inside cheese mixture on half of the dough. Fold the other half of the dough over the cheese, and seal edge of dough.
9. Rip off 6 inches of parchment paper, place dough on top of it, and slice the folded dough into 8 pieces.
10. Mix the fat-free cheeses of the Outside Cheeses together and sprinkle over the top of the cheesy bread. Mix the rest of the cheeses together and add over the top of the fat-free cheeses.
11. Put the finished cheesy bread into a preheated 450°F oven for 12-16 minutes.
12. Add Toppings and it's time to eat.

The amount of time it will take to cook the dish. Sometimes the **COOK TIME** also occurs during the prep time, especially when there are multiple parts to a recipe.

Tapping on the **BLUE HIGHLIGHTED WORDS** will take you to the recipe or technique in question for easy navigation.

Tapping the **SECTION** at the bottom of the page will take you back to the start of the section.

BREAKFAST

BLISS

BANANA PANCAKES

SERVES 1 | PREP 5 MINS | COOK 10 MINS

INGREDIENTS

WET

120g banana

100g egg whites

4.2g vanilla extract

25g granulated erythritol

DRY

20g all-purpose flour

30g PEScience Gourmet Vanilla protein powder

1g salt

1.5g baking powder

DIRECTIONS

1. Mash the banana with a fork or hand mixer, add the rest of your Wet Ingredients, and stir to combine.
2. In a separate bowl, combine the Dry Ingredients and mix together.
3. Pour your dry ingredients into your wet ingredients and whisk until just combined.
4. Lightly coat a pan with oil and preheat on medium. When the pan is preheated, add enough batter to the pan to form pancakes in your desired size.
5. After 2-3 minutes or when the bottom of the pancakes are browned, lightly spray the top of the pancakes with oil to prevent any sticking, then flip, and cook the topside.
6. Once cooked to your liking, remove the pancakes from pan, and optionally garnish with a few slices of bananas.
7. Time to eat.

MACROS

- 361 CALORIES
- 2G FAT
- 72G CARBS
- 47G NET CARBS
- 37G PROTEIN

TIP: If bulking or for greater flavor, substitute two whole eggs for the egg whites.

JAPANESE PANCAKES

SERVES 1 | PREP 10 MINS | COOK 10 MINS

INGREDIENTS

2 eggs
40g fat-free milk
2.1g vanilla extract
Pinch salt (~.4 grams)
19g all-purpose flour
30g PEScience Gourmet Vanilla protein powder
1g baking powder
25g granulated erythritol
Dash cream of tartar

DIRECTIONS

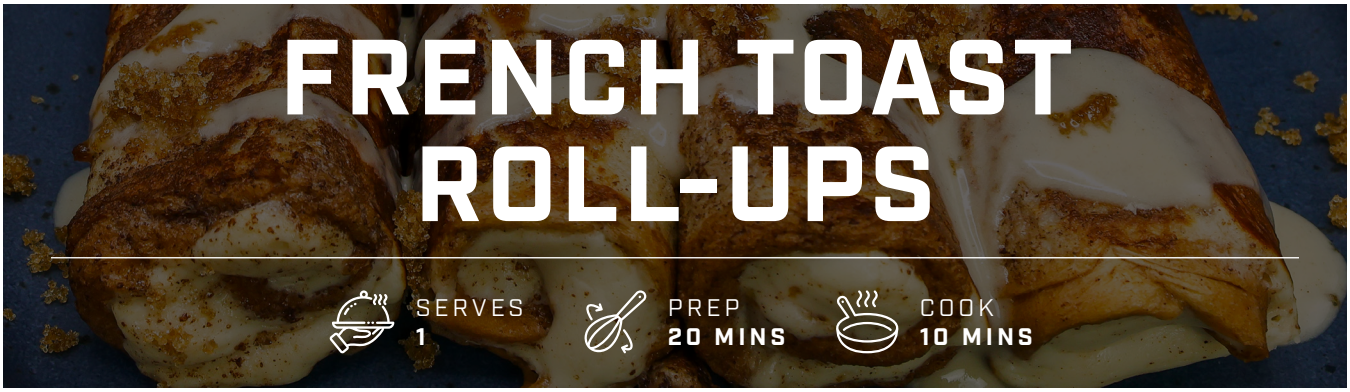
1. In a large bowl, separate egg whites from the yolks and place yolks in a separate bowl.
2. Add milk, vanilla extract, and salt to the yolks.
3. Into the egg yolk mixture, sift flour, protein powder, and baking powder. You can do this by using a strainer and gently shaking the flour-laden strainer until it is empty. Whisk to combine.
4. Start blending the egg whites using a hand mixer on low speed. When it begins to foam, add ¼ of the erythritol at a time, and add more once the sweetener is completely mixed in.
5. Once the erythritol has been completely mixed in, the egg whites should be very close to forming stiff peaks and it is time to add the cream of tartar and mix for an additional 30 seconds or until stiff peaks have formed.
6. Take a quarter of the meringue and vigorously mix it into the egg yolk mixture.
7. Take the remaining meringue, pour it on top, and gently fold it in until the mixture has JUST BARELY come together.
   - The goal here is to not overwork the batter because that will cause the pancake to be noticeably less fluffy.
8. Transfer finished batter to a plastic gallon bag and when ready to cook, cut the corner of the bag off.
9. Lightly spray a preheated pan on low with oil and pipe batter into the pan where the middle of the pancake will be. Let gravity do the work while slowing raising the bag up as the pancake gets taller and spreads out.
10. Repeat for the other pancakes, add a few drops of water into the pan, and cover.
11. Let pancakes cook for 3-5 minutes, lightly spray the top of each pancake, flip, and cover.
12. Let the pancakes cook for an additional 2-3 minutes, plate it, pour some sugar-free syrup on top, and enjoy!

MACROS

- 350 CALORIES
- 11G FAT
- 45G CARBS
- 20G NET CARBS
- 39G PROTEIN

MACROS

- 446 CALORIES
- 2G FAT
- 91G CARBS
- 56G NET CARBS
- 53G PROTEIN



FRENCH TOAST ROLL-UPS

SERVES 1 | PREP 20 MINS | COOK 10 MINS

INGREDIENTS

4 slices bread (35 cal)

FILLING

112g fat-free cream cheese

4g brown sugar erythritol

16g PEScience Snickerdoodle protein powder

4.2g vanilla extract

30g fat-free milk

20g granulated erythritol

EGG WASH

3 egg whites

10g granulated erythritol

2.1g vanilla extract

1g cinnamon

ICING

⅓ scoop PEScience Snickerdoodle protein powder

3g all-purpose flour

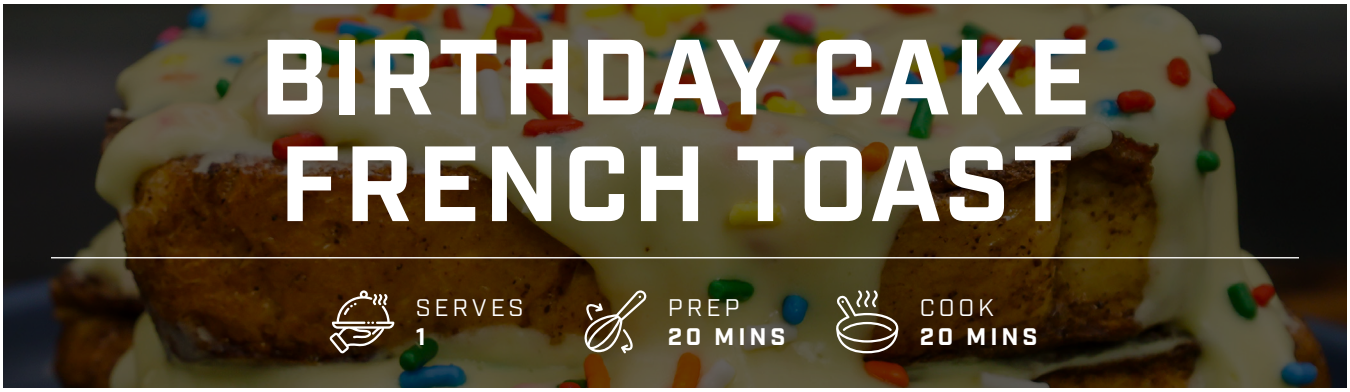
5g granulated erythritol

TOPPING

4g brown sugar erythritol

DIRECTIONS

1. Preheat pan on stovetop on medium low.
2. Add Filling Ingredients into a medium bowl and mix with a hand mixer or whisk until smooth. Add Egg Wash ingredients into another medium bowl and whisk until smooth.
3. Flatten a slice of bread with a rolling pin, then layer filling across the bread. Roll the bread up, keeping the filling inside. It does not have to be rolled up super tight.
4. Add a little bit of extra filling to the end of the bread and firmly press down to seal.
5. Repeat until all rolls are finished.
6. Place the first piece of stuffed french toast into egg wash, and let it soak up as much liquid as possible.
7. Once french toast is almost falling apart, add it to pan, and repeat with other pieces.
8. Top the french toast with any extra egg wash and cook 2-3 minutes on each side or until golden brown on each side.
9. While cooking, mix Icing Ingredients in a small bowl. Slowly add a few drops of water at a time and mix until the icing reaches your desired consistency.
10. Top french toast with brown sugar and icing and IT'S TIME TO EAT!



BIRTHDAY CAKE FRENCH TOAST

SERVES 1 | PREP 20 MINS | COOK 20 MINS

INGREDIENTS

FRENCH TOAST

3 slices Texas Toast (90 cal/slice)
6 egg whites (204g)
12g granulated erythritol
4.2g vanilla extract
5g ground cinnamon
2g salt

FROSTING

21g unsalted butter
224g fat-free cream cheese
1.5g salt
4g cake batter extract
4.2g vanilla extract
60g confectioners erythritol
12g sprinkles

FRENCH TOAST BUILD

3 slices French Toast
75g Frosting

MACROS

- 506 CALORIES
- 8G FAT
- 96G CARBS
- 70G NET CARBS
- 37G PROTEIN

DIRECTIONS

1. In a large bowl, add egg whites, sweetener, vanilla, cinnamon, and salt. Mix with whisk or hand blender for 60 seconds or until all ingredients are incorporated.
2. Dip slices of bread one at a time in the wet mixture, soak for one minute, flip, and let bread soak on the other side for an additional minute.
3. Lightly spray a preheated pan on medium heat with oil. Place a soaked slice of bread into the pan.
4. Repeat for the additional slices. Lightly spray top of french toast with oil spray and let them cook for 20 minutes, flipping halfway through.
   - If there is extra egg mixture leftover, pour it on top of the bread before spraying the french toast with oil.
5. While the french toast cooks, add butter, cream cheese, and salt into a large bowl. Blend for 5 minutes using a hand mixer.
   - Pause halfway through to scrape down the sides of the bowl, then continue mixing.
6. Add cake batter extract and vanilla extract to the bowl and continue mixing for an additional 3 minutes.
7. In 3 parts, add confectioners erythritol to the bowl. Add more sweetener once each part is fully mixed in. This blend should take 5 minutes in total.
8. When finished mixing, add sprinkles and fold into frosting.
9. Put frosting into a plastic container and refrigerate.
   - You can use the frosting right away, but it tastes best after sitting in the fridge for 1-2 hours.
10. Add one slice of french toast to your plate, top with ⅓ of the frosting, spread evenly, and repeat for the other two slices of French toast.
11. Let's eat.

BREAKFAST SAUSAGE PATTIES

SERVES **5.5** | PREP **10 MINS** | COOK **10 MINS**

INGREDIENTS

448g 93% lean ground beef
30g sugar-free maple syrup
5g extra virgin olive oil
1g ground sage
1g ground thyme
6g salt
8g brown sugar erythritol
1g black pepper
0.8g ground nutmeg
1g cayenne pepper
1g paprika
12.5g powdered nonfat dairy milk

DIRECTIONS

1. Put all ingredients into a bowl, mix thoroughly, and form into 46.5g balls.
2. Flatten balls to about a ¼-½ inch thick patty and add to a preheated pan on medium heat. You should hear that sizzle as soon as it hits the pan.
3. Cook for 2-3 minutes per side, until lightly brown.

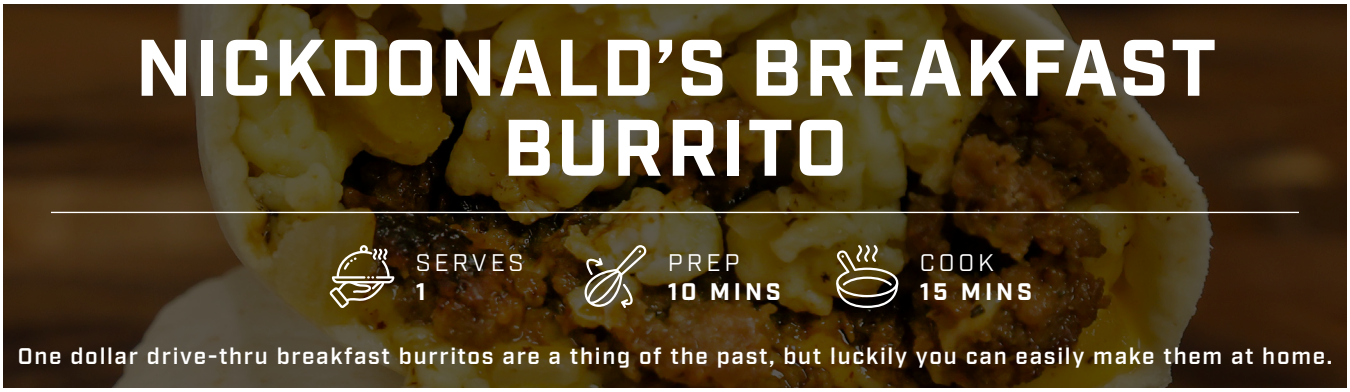
MACROS (PER SERVING)

- 144 CALORIES
- 7G FAT
- 3G CARBS
- 18G PROTEIN

TIP: Have sage or thyme, but need to grind it down? Use a food processor or coffee grinder to do so. It becomes ground sage or thyme in seconds.

TIP: Spray hands with oil for an easier time forming patties.

TIP: Let meat mixture sit in the fridge up to 24 hours to amplify the flavor profile.



NICKDONALD'S BREAKFAST BURRITO

SERVES 1 | PREP 10 MINS | COOK 15 MINS

One dollar drive-thru breakfast burritos are a thing of the past, but luckily you can easily make them at home.

INGREDIENTS

10g tomato, chopped
10g canned green chiles
5g dried minced onion
2 egg whites
1 egg
30g fat-free milk
Salt and black pepper, to taste
3.5g unsalted butter
94g **BREAKFAST SAUSAGE**
2 La Banderita® Carb Counter taco tortillas
2 slices original Velveeta® cheese
Optional: Pace® picante salsa

DIRECTIONS

1. Dice tomatoes and pat green chiles with paper towel to remove some of the moisture.
2. Take minced onion, add just enough water to cover, then heat in microwave for 30 seconds. Drain the water and pat onions dry with a towel. They should be soft at this point.
3. Add egg, egg whites, milk, salt, and pepper to a container and whisk together.
4. Add butter to preheated pan on medium heat, spread it around, and add egg mixture.
5. Constantly move eggs around the pan with a spatula until just slightly wet or about 15 seconds from being done since there will be carryover cooking.
6. Add tomatoes, green chiles, and onion to eggs and mix together just before eggs finish cooking.
7. Add egg to a plate or container and add **BREAKFAST SAUSAGE PATTY** mix to a separate preheated pan on medium heat.
8. Using a spoon, continuously break apart the sausage mix into small pieces while constantly stirring until meat is browned and in small pieces.
9. Lay tortillas on counter, add 1 slice of cheese to each, followed by the meat, and eggs.
10. Bring the ends of the tortilla in while slowly flipping one side of the tortilla over the filling.
11. Use the end of the tortilla to bring filling towards the middle and seal the filling in and finish by rolling until completely sealed.
12. Add burritos to separate pieces of parchment paper, roll them up, and throw in the microwave for 30 seconds.
13. Let sit for 1-2 minutes, grab some salsa, and it's time to EAT.

MACROS

466 CALORIES
19G FAT
46G CARBS
24G NET CARBS
49G PROTEIN

200 CALORIE BREAKFAST BURRITO

SERVES 1 | PREP 10 MINS | COOK 20 MINS

INGREDIENTS

2 La Banderita® Carb Counter taco tortillas

2 slices original Velveeta® cheese

23g center cut bacon (cooked)

5 egg whites

1 egg

Salt, to taste

Black pepper, to taste

1g bacon fat

DIRECTIONS

1. Place each tortilla on a separate piece of parchment paper. Tear the cheese slices in half and lay them across the middle of the tortilla leaving about 1 inch of space on each end.
2. Cook the bacon on griddle or in a pan on high. Once bottom of bacon is cooked to your preference, flip it, cook the other side, and put on a paper towel lined plate to cool. Reserve some bacon fat from the pan.
3. Add egg whites, egg, salt, and black pepper to a large bowl and whisk together.
4. Add bacon fat to a preheated pan on medium heat and spread evenly.
5. Add egg mixture to the pan and keep moving the eggs around with a spatula until fully cooked, then place them on a plate or into a container.
6. Chop bacon and evenly spread onto the tortilla followed by the scrambled eggs.
7. Bring the ends of the tortilla in while slowly flipping one side of the tortilla over the filling.
8. Use the end of the tortilla to bring filling towards the middle, seal the filling in, and finish by rolling until completely sealed.
9. Wrap the burrito in parchment paper and repeat the same process for the other burrito.
10. Put burritos in the microwave for about 30 seconds, let cool for a minute, and enjoy.

MACROS

- 436 CALORIES
- 19G FAT
- 41G CARBS
- 19G NET CARBS
- 49G PROTEIN

TIP: Cook a full package of bacon the first time you make these so that you have bacon ready for the entire week and can make your breakfast come together that much faster.

HONEY BUTTER CHICKEN BISCUIT

SERVES 4 | PREP 1.5 HRS | COOK 15 MINS

INGREDIENTS

Ready-to-bake jumbo biscuits
3 chicken breasts

DREDGE STATION 1

30g soy sauce
30g Sriracha
1 egg
4g sesame oil
1.5g salt
Dash black pepper

DREDGE STATION 2

60g all-purpose flour
1.5g salt

HONEY BUTTER (Per Biscuit)

5g unsalted butter, softened
2.5g honey

GLAZE

16g Sriracha

DIRECTIONS

1. **PREP AND BRINE** the chicken breasts.
2. Cut chicken into 140g cutlets.
3. Set up Dredge Station 1 in a medium bowl, whisk, add chicken, cover with plastic wrap, and put into the fridge for at least 1 hour.
4. Put as many biscuits as you need into a preheated oven, put extras in a plastic bag and into the fridge, and follow the cooking instructions on the label.
5. Set up Dredge Station 2 in a container, grab a piece of chicken from Dredge Station 1, let excess drip off, and put it into the flour.
6. Shake container around to get flour all over the chicken and press more flour into the chicken itself and its crevices to get it completely covered.
7. Shake off any excess, add to a wire rack, and repeat for all pieces of chicken.
8. Add chicken to a preheated air fryer at 350°F, lightly spray each side with oil, and cook for 8-10 minutes or until internal temperature is 155°F.
9. Add honey butter ingredients into a small bowl and whisk.
10. When biscuits are out of the oven and cooled, cut each biscuit into thirds, discarding the middle third.
    - The goal is to make the biscuit weigh about 37g to reduce calories.
11. Add honey butter to each side of the biscuit and add Sriracha into the container that just had the honey butter in it.
12. Mix the Sriracha and honey butter remnants together and brush onto chicken.
13. Add chicken in-between the biscuits and EAT.

MACROS (PER SERVING)

- 381 CALORIES
- 12G FAT
- 32G CARBS
- 36G PROTEIN

TIP: Use an extra biscuit with a layer removed to add more volume to your meal. Just cut the chicken in half and split it between biscuits.

MACROS (PER SERVING)

- 102 CALORIES
- 3G FAT
- 17G CARBS
- 10G NET CARBS
- 9G PROTEIN

LEMON GLAZE MUFFINS

SERVES 14 | PREP 20 MINS | COOK 17 MINS

INGREDIENTS

WET

300g 2% Greek yogurt

2 eggs

21g avocado oil

4.2g vanilla extract

80g lemon juice

4g lemon zest

2g lemon extract (optional)

100g granulated erythritol (add 20g if using lemon extract)

DRY

90g all-purpose flour

93g PEScience Gourmet Vanilla protein powder

3g salt

4g baking powder

2g baking soda

GLAZE

5g unsalted butter

110g powdered sugar

35g lemon juice

Zest half lemon

DIRECTIONS

1. In a large bowl, add the Wet Ingredients and whisk to combine.
2. In another large bowl, add the Dry Ingredients and whisk to combine.
3. Add Dry Ingredients into the bowl of the Wet Ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
4. Line 14 muffin liners on a sheet pan, add 59g of muffin mix to each liner, and bake in a preheated 350°F oven for 16-18 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
5. While the muffins are baking, prepare the glaze by microwaving butter in a small bowl in ten second intervals until melted.
6. In a medium bowl, add the melted butter, powdered sugar, lemon juice, and lemon zest for the glaze. Whisk to combine.
7. Put parchment paper below a wire rack, add hot muffins to the rack, top each muffin with glaze, and spread the glaze around the top of the muffin using a spatula.
8. Store muffins in a paper towel lined air-tight container and enjoy for the next 3-4 days.

TIP: If you want a moister muffin, pull them about one minute before they are done. They will be slightly underdone, but it'll make them so much more flavorful in my opinion.

BANANA BREAD MUFFINS

SERVES 13 | PREP 15 MINS | COOK 17 MINS

INGREDIENTS

WET

360g banana

2 eggs

10g unsalted butter, melted

11g avocado oil

4.2g vanilla extract

80g brown sugar erythritol

DRY

85g all-purpose flour

93g PEScience Snickerdoodle protein powder

7g ground cinnamon

3g salt

4g baking powder

2g baking soda

DIRECTIONS

1. In a large bowl, add bananas and break them down using a fork or an immersion blender.
2. Add the Wet Ingredients to the bowl and whisk to combine.
3. In another large bowl, add the Dry Ingredients and whisk to combine.
4. Add Dry Ingredients into the bowl of the Wet Ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
5. Line 13 muffin liners on a sheet pan, add 58g of muffin mix to each liner, and bake in a preheated 350°F oven for 16-18 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
6. Store muffins in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

MACROS (PER SERVING)

- 101 CALORIES
- 3G FAT
- 12G CARBS
- 7G PROTEIN

TIP: If you want a moister muffin, pull them about one minute before they are done. They will be slightly underdone, but it'll make them so much more flavorful in my opinion.

MACROS (PER SERVING)

- 97 CALORIES
- 3G FAT
- 14G CARBS
- 11G NET CARBS
- 7G PROTEIN

PUMPKIN PIE MUFFINS

SERVES 13 | PREP 15 MINS | COOK 17 MINS

INGREDIENTS

WET

120g banana

240g pure pumpkin

2 eggs

21g avocado oil

4.2g vanilla extract

40g brown sugar erythritol (add 20g if using PEScience Multipurpose protein powder)

40g granulated erythritol (add 20g if using PEScience Multipurpose protein powder)

DRY

90g all-purpose flour

93g PEScience Pumpkin Pie protein powder (90g PEScience Multipurpose protein powder if sold out)

3g pumpkin spice (6g if using PEScience Multipurpose protein powder)

7g ground cinnamon

3g salt

4g baking powder

2g baking soda

DIRECTIONS

1. In a large bowl, add bananas and break them down using a fork or an immersion blender.
2. In a large bowl, add the Wet Ingredients and whisk to combine.
3. In another large bowl, add the Dry Ingredients and whisk to combine.
4. Add Dry Ingredients into the bowl of the Wet Ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
5. Line 13 muffin liners on a sheet pan, add 59g of muffin mix to each liner, and bake in a preheated 350°F oven for 16-18 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
6. Store muffins in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

TIP: If you want a moister muffin, pull them about one minute before they are done. They will be slightly underdone, but it'll make them so much more flavorful in my opinion.

MACROS (PER SERVING)

- 252 CALORIES
- 6G FAT
- 43G CARBS
- 26G NET CARBS
- 23G PROTEIN

JUMBO BLUEBERRY MUFFINS

SERVES **6** | PREP **15 MINS** | COOK **35 MINS**

INGREDIENTS

WET

2 eggs
1 egg yolk
100g granulated erythritol
350g 2% Greek yogurt
12g avocado oil
10g imitation vanilla

DRY

90g all-purpose flour
95g PEScience Gourmet Vanilla protein powder
3g salt
4g baking powder
2g baking soda
1g xanthan gum

MIX-IN

225g blueberries
3g all-purpose flour

TOPPING

30g blueberries
24g turbinado sugar
2g lemon zest

DIRECTIONS

1. Add the eggs, egg yolk, and erythritol to a large bowl and whisk to combine.
2. Add the rest of the Wet Ingredients to the bowl and whisk to combine.
3. In another large bowl, add the Dry Ingredients and whisk to combine.
4. Add Dry Ingredients into the bowl of the Wet Ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
5. Add blueberries to a medium bowl, top with flour, and shake the bowl to evenly distribute the flour. This will stop the blueberries from sinking to the bottom while cooking.
6. Add blueberries to the batter and fold them in until evenly distributed.
7. Line a jumbo muffin pan with large baking cups, lightly spray each cup with oil to prevent sticking, and add 170g of batter to each cup.
8. In a small bowl, add turbinado sugar. Using a zester, add the zest from a medium lemon into the bowl and mix to combine.
9. Top each muffin with the sugar mixture and blueberries. Bake in a preheated 300°F oven for 33-37 minutes.
   - You know they are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
10. Let muffins cool on a wire rack for 1 hour and store in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

JUMBO CHOCOLATE CHIP MUFFINS

SERVES 6 | PREP 12 MINS | COOK 30 MINS

INGREDIENTS

WET

2 eggs
1 egg yolk
60g granulated erythritol
60g brown sugar erythritol
350g 2% Greek yogurt
15g avocado oil
10g imitation vanilla

DRY

90g all-purpose flour
95g PEScience Gourmet Vanilla protein powder
3g salt
4g baking powder
2g baking soda
1g xanthan gum

MIX-IN/TOPPING

56g mini chocolate chips

DIRECTIONS

1. Add the eggs, egg yolk, granulated erythritol, and brown sugar erythritol to a large bowl and whisk to combine.
2. Add the rest of the Wet Ingredients to the bowl and whisk to combine.
3. In another large bowl, add the Dry Ingredients and whisk to combine.
4. Add Dry Ingredients into the bowl of the Wet Ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
5. Add 45 grams of chocolate chips to the batter and fold them in until evenly distributed.
6. Line a jumbo muffin pan with large baking cups, lightly spray each cup with oil to prevent sticking, and add 140g of batter to each cup.
7. Add remaining chocolate chips to a small bowl, top each muffin with chocolate chips, and bake in a preheated 300°F oven for 28-32 minutes.
   - You know the muffins are done when a toothpick inserted in the center of a muffin has some crumbs sticking to it, but nothing wet.
8. Let muffins cool on a wire rack for 1 hour and store in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

MACROS (PER SERVING)

- 261 CALORIES
- 10G FAT
- 42G CARBS
- 22G NET CARBS
- 22G PROTEIN

TIP: For the ultimate eating experience, pop the muffin in the microwave for 10-15 seconds before indulging. This will make the muffin soft, ultra moist, and melt the chocolate chips to perfection.

MACROS

- 258 CALORIES
- 9G FAT
- 41G CARBS
- 25G NET CARBS
- 20G PROTEIN

JUMBO PUMPKIN CHEESECAKE MUFFINS

SERVES 6 | PREP 25 MINS | COOK 34 MINS

INGREDIENTS

CHEESECAKE FILLING

84g part-skim cream cheese
84g 2% cottage cheese
15g sugar
20g erythritol
2g imitation vanilla

DRY

90g all-purpose flour
102g PEScience Pumpkin Pie protein powder
3g pumpkin spice
7g ground cinnamon
3g salt
4g baking powder
2g baking soda
.5g xanthan gum

WET

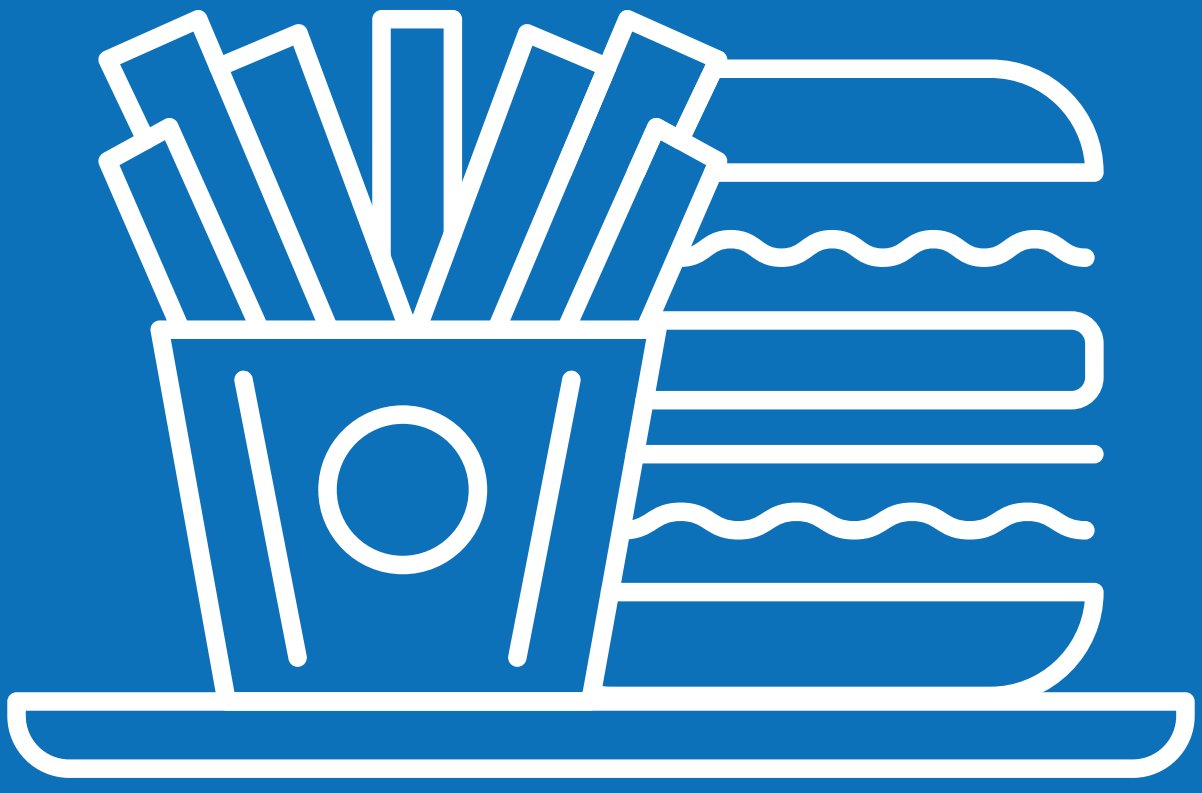
425g pure pumpkin
2 eggs
18g avocado oil
6g imitation vanilla
40g brown sugar erythritol
40g granulated erythritol

DIRECTIONS

1. Add all cheesecake ingredients into a high sided container and using an immersion blender, mix ingredients until smooth.
2. Put a gallon bag in a cup, add the cheesecake to it, close the bag, and freeze.
3. Add the dry ingredients to a large bowl and whisk to combine.
4. In another large bowl, add the wet ingredients and whisk to combine.
5. Add dry ingredients into the bowl of the wet ingredients and whisk until just BARELY combined — overmixing will result in chewy muffins.
   - To make sure everything is combined, fold the mixture 3-4 times and scrape the bottom of the bowl with a silicone spatula.
6. Line a jumbo muffin pan with large baking cups, lightly spray each cup with oil to prevent sticking, and add 140g of batter to each cup.
7. Take the back of a spoon and spin it in the middle of the batter while pushing the batter up the sides of the baking cups until there is a circular hole about 1.5" deep. Repeat for each muffin.
8. Grab the cheesecake filling, cut the tip of the gallon bag, and distribute the filling evenly to each muffin.
9. Bake in a preheated 300°F oven for 32-36 minutes.
   - You know the muffins are done when you shake the muffin pan and the middle of the cheesecake filling still has a little bit of jiggle to it.
10. Let muffins cool on a wire rack for an hour and store in a paper towel lined air-tight container or simply throw them in a plastic bag and enjoy for the next 3-4 days.

TIP: For the ultimate eating experience, freeze them in a plastic bag and microwave them for 60-75 seconds when ready to eat. Let them sit for 1 minute and the muffin should be warm while the cheesecake is still cold and soft. These muffins will store in the freezer for 2-3 months.

MIDDAY



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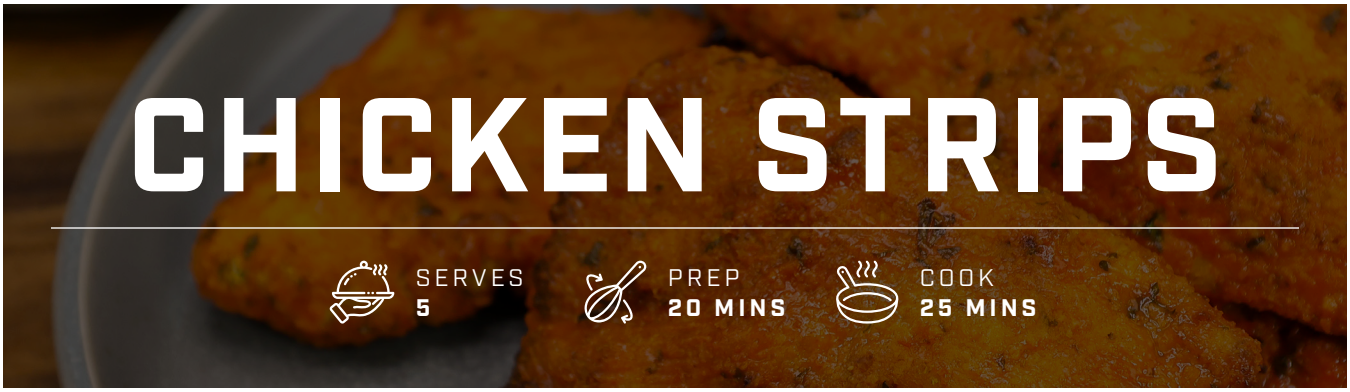

CHICKEN STRIPS

SERVES 5 | PREP 20 MINS | COOK 25 MINS

INGREDIENTS

1120g chicken breast
60g all-purpose flour
1 egg
140g italian-style breadcrumbs
235g Frank's RedHot® sauce

DIRECTIONS

1. Preheat oven to 400°F.
2. Cut chicken breasts into 1-2" thick strips.
3. Set up dredging station with 3 containers. Meal prep containers work best in this instance.
4. Put flour in first container, an egg in the second, and breadcrumbs in the third.
5. Beat egg with a whisk until smooth.
6. Lay one strip at a time in the flour and thoroughly cover. Make sure to get flour into all of the crevices of the chicken to ensure full coverage.
7. Put the chicken strip in the egg wash, making sure it is thoroughly coated. Let excess egg wash drip off of the chicken before transferring to the breadcrumb station.
8. Lay the chicken on top of the breadcrumbs, pick up the container and start shaking it back and forth to fully coat the chicken strip.
9. Once coated, cover with additional breadcrumbs and push them into the chicken and its crevices to make sure full coverage is achieved.
10. Place the breaded chicken strip on a sheet pan with a baking rack and repeat until all chicken strips are finished.
11. Bake chicken strips in the oven for 20-25 minutes or until internal temperature has reached 155°F.
12. Separate into five even servings. When you are ready to eat, add one serving to a bowl, add 45g hot sauce, and toss.
13. Reheat in the oven or air fryer for 3-4 minutes at 350°F and coat with hot sauce right before serving.

MACROS (PER SERVING)

- 349 CALORIES
- 7G FAT
- 19G CARBS
- 52G PROTEIN

TIP: Bake your chicken strips in an air fryer at 400°F for 6-8 minutes to cook your tenders faster and make them crispier.

TIP: Use a sauce brush to coat the tenders with hot sauce for a more even coat and no risk of the breading coming off.

JALAPEÑO POPPER GRILLED CHEESE

SERVES 1 | PREP 15 MINS | COOK 10 MINS

INGREDIENTS

8g green onion, chopped
28g reduced-fat sharp cheddar cheese
28g pepper jack cheese
28g fat-free cheddar cheese
56g fat-free cream cheese
Dash black pepper
1g salt
50g jalapeños, diced
4g garlic, minced
2 slices of bread (35 Cal)
Spray oil

DIRECTIONS

1. Thinly slice green onions, shred cheese, and add to a medium-sized bowl. Add the cream cheese, black pepper, and salt.
2. Dice the jalapeños and add to a preheated pan on medium heat until blistering.
   - If you're concerned about spice levels, remove the seeds from the jalapeño to reduce the spiciness.
3. Once the jalapeños blister, use a garlic press to mince garlic into the middle of the pan. Cook until fragrant, then add mixture to the bowl with the cheeses.
4. Mix everything in the bowl until thoroughly combined.
5. Using the same pan and keeping the heat on medium, lightly spray pan with oil and add bread to pan. Lightly spray the top of bread with oil as well.
6. Once browning starts to occur on the bottom side of the bread, flip it over and add the cheese mixture to one of the slices of bread.
7. Take the other slice of bread and place the toasted side onto the cheese mixture. Once the bottom slice of bread is toasted, flip over to toast the other side.
8. Once finished, put in microwave for 15-20 seconds or until cheese starts melting down the sides.
   - Due to thickness of this grilled cheese, if you want a truly melty consistency this step is an absolute must.

MACROS

412 CALORIES
17G FAT
35G CARBS
33G PROTEIN

TIP: If bread is too soft after the microwave, put back on the pan for 1-2 minutes per side to crisp back up.

MACROS (PER SERVING)

- 412 CALORIES
- 10G FAT
- 40G CARBS
- 44G PROTEIN

CHICKEN PARMESAN SANDWICH

SERVES 5 | PREP 1.5 HRS | COOK 15 MINS

INGREDIENTS

3 chicken breasts

DREDGE STATION 1

40g all-purpose flour

DREDGE STATION 2

1 egg

1 egg white

DREDGE STATION 3

100g panko breadcrumbs

10g Parmigiano-Reggiano cheese, grated

5g salt

4g garlic powder

1g dried parsley

Dash black pepper

CHICKEN PARMESAN BUILD

1 Chicken patty

40g **FOOLPROOF HOMEMADE MARINARA**

5g grated Parmigiano-Reggiano cheese

Buns (110 cal)

Oil spray

DIRECTIONS

1. Prep and **BRINE** the chicken breasts.
2. Cut chicken into 140g cutlets.
3. Set up dredging stations by adding all Dredge Station Ingredients to three separate containers and mixing until well combined.
4. Take one piece of chicken and add it to Dredging Station 1.
5. Cover with flour, making sure to get into all the crevices, and shake off excess flour.
6. Add chicken to Dredging Station 2 and completely soak with egg, making sure there are no dry spots.
7. Move chicken to Dredging Station 3 and again completely cover with the breadcrumb mixture, making sure to press it into the chicken and all its crevices.
8. Put finished chicken on a wire rack and repeat the process until all chicken is breaded.
9. Spray bottom of air fryer, add chicken to a preheated 400°F air fryer, and lightly spray the top of the chicken with oil.
10. Air fry for 6-8 minutes or until internal temperature of the chicken reaches 155°F.
    - Halfway through cooking, flip chicken and lightly spray with oil.
11. With about 2 minutes remaining on the chicken, toast your buns on the bagel setting in a toaster to make sure only the insides of the buns are browned.
12. Add chicken to bottom bun followed by the marinara sauce and grated parmesan.
13. Put the top bun on and ENJOY.

MEATBALL SANDWICH ON GARLIC BREAD

SERVES 1 | PREP 15 MINS | COOK 10 MINS

INGREDIENTS

GARLIC BREAD SPREAD

21g unsalted butter, softened
3.5g garlic, minced
1g fresh parsley, chopped
5g extra virgin olive oil
5g parmesan, grated
1g salt

MEATBALL SANDWICH BUILD

2 slices bread (45 Cal)
28g fat-free mozzarella cheese
28g part-skim mozzarella cheese
72g **ITALIAN SAUSAGE**, cooked
80g **FOOLPROOF HOMEMADE MARINARA**
5g parmesan, grated

DIRECTIONS

1. In a bowl, add softened butter, garlic, parsley, olive oil, grated parmesan, and salt. Mix thoroughly.
2. Evenly spread the butter mix on each slice of bread and add to a preheated pan on medium heat, butter side down.
3. After 3-4 minutes or when the bottom of the bread starts to brown, flip bread and place half of the fat-free mozzarella and half of regular mozzarella on top of each slice.
4. Heat the Italian Sausage up in the microwave for 15 seconds if necessary and add to one of the slices of bread.
5. Turn burner down to low and add **HOMEMADE MARINARA**, parmesan and other slice of bread cheese side down on top of the sausage.
6. Once both sides of the bread are browned, remove sandwich from heat and put in the microwave for 15 seconds.
7. Cut in half or enjoy it whole.

MACROS

528 CALORIES
38G FAT
31G CARBS
44G PROTEIN

REUBEN

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

2 slices Lewis® hearty rye bread

30g **RUSSIAN DRESSING**

28g Amish Farms® baby swiss cheese (thinly sliced)

84g Kretschmar® pastrami

84g Eckrich® corned beef

60g sauerkraut

DIRECTIONS

1. Take two slices of bread, add **RUSSIAN DRESSING** onto both, and spread out evenly.
2. Add 1 slice of baby swiss to each slice of bread.
3. Add the corned beef and pastrami to one of the slices of bread and close the sandwich with the other slice.
4. Lay sandwich on parchment paper, fold closed, and heat in the microwave for 1 minute.
5. Take sandwich out of parchment paper and add it to a preheated pan on medium heat until bottom side is browned.
6. Once bottom side is browned, flip and repeat.
7. Add sauerkraut to the sandwich, cut in half, and it's time to eat.

MACROS

- 486 CALORIES
- 19G FAT
- 32G CARBS
- 47G PROTEIN

HAM AND CHEESE PITA

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

1 **PROTEIN PITA**
2 slices original Velveeta® Cheese
56g honey ham (70 Cal)
15g light mayonnaise
Tomato, chopped
Lettuce, chopped

DIRECTIONS

1. Add a pita to a preheated pan on medium heat, add cheese and ham, and warm for 1-2 minutes or until cheese is melted.
2. Place pita on a sheet of parchment paper, add mayonnaise, tomato, and lettuce. Wrap the pita in parchment paper and microwave for 10 seconds.
3. Let sit for one minute and enjoy.

MACROS

- 289 CALORIES
- 11G FAT
- 32G CARBS
- 26G NET CARBS
- 24G PROTEIN

TIP: If you need to eat ASAP, put pita directly on a piece of parchment paper, add ham and cheese, wrap it up, and heat up in the microwave for 20-30 seconds. To finish, add mayonnaise and veggies.

CHEESY POBLANO QUESADILLA

SERVES 11 | PREP 30 MINS | COOK 30 MINS

INGREDIENTS

La Banderita® Carb Counter taco tortillas

4 poblano peppers

448g 93% lean ground beef

4g salt

QUESADILLA BUILD

1 La Banderita® Carb Counter taco tortilla

35g reduced-fat colby jack cheese, shredded

35g fat-free mozzarella cheese, shredded

24g poblano peppers, roasted

30g 93% lean ground beef, cooked

25g **SALSA CREMA**

3g unsalted butter

DIRECTIONS

1. **ROAST** poblanos, take outer layer of skin off, and shred cheese.
2. Lightly spray a preheated cast iron pan on medium high heat, add ground beef, and flatten it into the pan using a spatula. Top the meat with salt and break the meat down into smaller chunks with a wooden spatula.
3. Constantly stir beef until cooked through, then set aside on a plate or in a separate container.
4. Put a tortilla on the counter and on the bottom half of it add half of each cheese, poblanos, salsa, beef, and the other half of each cheese and fold the top half of the tortilla over.
5. In a small container, add butter and heat up in the microwave for 20-30 seconds or until melted.
6. Brush a thin layer of butter on the top half of the quesadilla, then add the quesadilla to a preheated pan on medium heat, butter side down. Brush the remaining butter on the other side of the quesadilla.
7. After 1-2 minutes, flip the quesadilla and cook for an additional 1-2 minutes.
8. Cut it in half, plate it, and it's time to eat.

MACROS (PER SERVING)

- 306 CALORIES
- 13G FAT
- 21G CARBS
- 10G NET CARBS
- 35G PROTEIN

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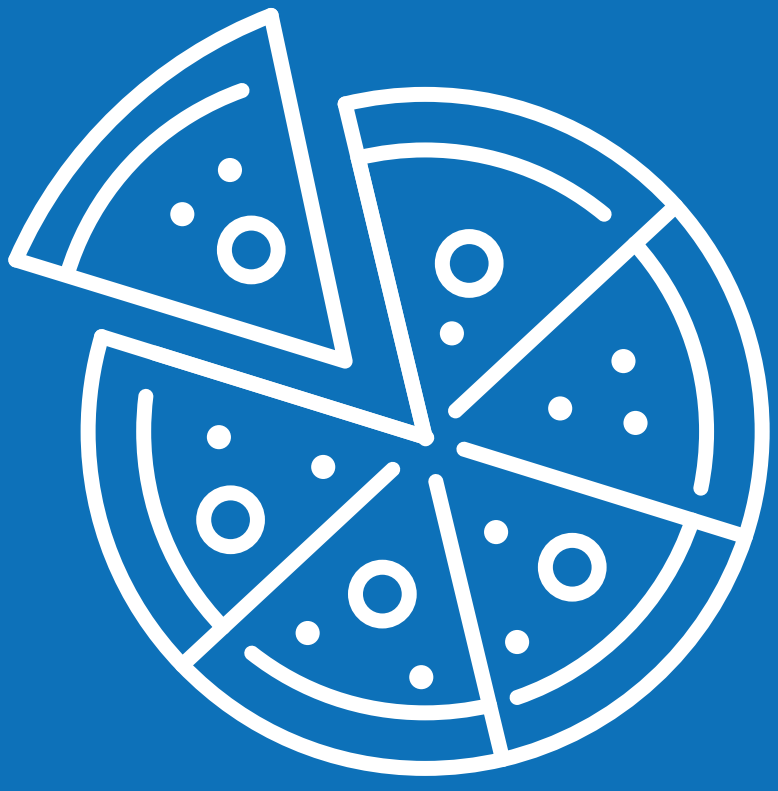


SERVED

STEAK TACOS

SERVES 5-8 | PREP 4.5 HRS | COOK 10 MINS

INGREDIENTS

2-3lb skirt steak
Corn tortillas (35-40 cal)

MARINADE

4g garlic, minced
5g Tajin® original
2g habanero powder
2g black pepper
30g soy sauce
20g avocado oil
5g salt

TOPPINGS

60g onion, chopped
10g fresh cilantro, chopped
14g oaxaca cheese, shredded

ONE SERVING

3 tortillas
126g cooked skirt steak
14g oaxaca cheese, shredded
Cilantro and onion, to taste

DIRECTIONS

1. Trim any excess fat from the skirt steak and tenderize using pointed teeth side of tenderizer.
2. Place steak in a gallon zipper bag and add all of the Marinade Ingredients to the bag.
3. Close bag and shake to cover the steak thoroughly in marinade. Making sure every crevice of the steak has marinade on it is important for even flavor.
4. Place the bag in the fridge for a minimum of 4 hours and up to 24. More time = more flavor.
5. Turn grill to high and let it preheat for 15 minutes.
6. Cook steaks on the grill, 2-3 minutes per side.
7. Wrap steak in aluminum foil and let sit on the counter for 15-30 minutes.
8. Dice an onion, chop cilantro, and shred cheese for taco topping.
9. Cut steak against the grain into bite-sized pieces.
10. Weigh out 126g of cooked steak, heat up 3 tortillas, add Toppings, and enjoy!

MACROS (PER SERVING)

- 438 CALORIES
- 19G FAT
- 25G CARBS
- 39G PROTEIN

TIP: When getting your steak from the store ask the deli to cut the fat off for you. This will save you time.

TIP: You can also do this in a pan, but there will be a ton of smoke. If your kitchen doesn't have a vent hood, you are guaranteed to set off fire alarms. I would suggest opening a couple of windows and facing a fan towards the window to ventilate the smoke.

SLOPPY JOES

SERVES 10 | PREP 20 MINS | COOK 40 MINS

INGREDIENTS

2lb 96% lean ground beef
75g green bell pepper, diced
75g red bell pepper, diced
80g onion, diced
135g carrots, diced
25g Jalapeños, diced
14g extra virgin olive oil
15g garlic, minced
10g salt (or to taste)
256g G. Hughes® sugar-free ketchup
10g mustard
30g brown sugar erythritol
Keto Culture® buns (50 Cal)

DIRECTIONS

1. Dice peppers, Jalapeños, peeled carrots, and onion. Mince garlic.
2. Add olive oil to a saucepan on medium-high heat then add chopped veggies. Cook the vegetables until they are soft or start to take on some color.
3. Make a small hole in the middle of the pan, add minced garlic, and stir until garlic becomes fragrant.
4. Add meat to the pan, mash with a spatula or potato masher. Add salt as the meat cooks.
5. Stir every 1-2 minutes until meat is fully cooked through.
6. While the meat is cooking, combine ketchup, mustard, and brown sugar in a separate bowl to make the sauce.
7. When you see some browning and the meat is no longer pink, it is done, and it is time to add the sauce to the pot.
8. Combine the sauce and meat in the pan, turn your burner to low, and let the sauce simmer for 20-30 minutes stirring occasionally.
9. Once sauce has thickened, separate your meat into 10 equal portions, add a portion to your bun, and enjoy! (Each portion should be about 120-130g each.)

MACROS (PER SERVING)

- 198 CALORIES
- 7G FAT
- 24G CARBS
- 6G NET CARBS
- 26G PROTEIN

TIP: Taste meat before serving and add salt if necessary.

OG MAC AND CHEESE

SERVES 2 | PREP 5 MINS | COOK 10 MINS

INGREDIENTS

PASTA MIXTURE

450g water
240g fat-free milk
4g salt
224g elbow macaroni

MIX-INS

15g Parmigiano-Reggiano, grated
84g fat-free cheddar cheese, shredded
10g corn starch
105g sharp cheddar Velveeta® cheese

DIRECTIONS

1. Add Pasta Mixture to a pot, put on the stovetop, stir to combine, and turn on high heat.
2. Set a 10-minute timer for the pasta.
3. Add parmesan, fat-free cheese, and corn starch into a bowl and mix to combine.
4. Stir pasta more frequently as it comes to a boil to avoid burning the milk or having the noodles stick to the bottom of the pot.
5. After 10 minutes, take the pasta pot off the heat and immediately add Velveeta®. Stir for 1-2 minutes or until melted.
6. Add corn starch mixture and stir constantly for 2-3 minutes until everything is melted and mixed thoroughly.
7. Let pasta sit for 2 minutes to help thicken the cheese.
8. Give pasta a stir, pour into a bowl, and it is time to eat.

MACROS (PER SERVING)

- 656 CALORIES
- 9G FAT
- 103G CARBS
- 44G PROTEIN

BUFFALO MAC AND CHEESE

SERVES 2 | PREP 5 MINS | COOK 10 MINS

INGREDIENTS

PASTA MIXTURE

410g chicken broth
240g fat-free milk
224g medium shells pasta

MIX-INS/TOPPINGS

56g fat-free cheddar cheese, shredded
126g sharp cheddar Velveeta® cheese
50g buffalo sauce
84g chicken strips (150 cal), frozen
14g blue cheese

DIRECTIONS

1. Add Pasta Mixture to a pot, put on the stovetop, stir to combine, and turn on high heat.
2. Set a 10-minute timer for the pasta.
3. Add chicken strips to a preheated air fryer and cook according to the instructions on the package.
4. Stir pasta more frequently as it comes to a boil to avoid burning the milk or having the noodles stick to the bottom of the pot.
5. After 10 minutes, take the pasta pot off the heat and immediately add fat-free cheese and Velveeta®. Stir for 1-2 minutes or until melted.
6. Add buffalo sauce, mix for an additional minute, and let pasta sit for 2 minutes to thicken up.
7. Give pasta a stir, pour into a bowl, top with chicken and blue cheese, and it is time to eat.

MACROS (PER SERVING)

- 722 CALORIES
- 12G FAT
- 107G CARBS
- 49G PROTEIN

ITALIAN SAUSAGE

SERVES 5 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

2g fennel seeds, crushed
420g 96% lean ground beef
7g garlic, minced
2g parsley, chopped
7g salt
Dash black pepper
6.5g paprika
3.5g onion powder
1g crushed red pepper flakes
1g Italian seasoning
10g extra virgin olive oil

DIRECTIONS

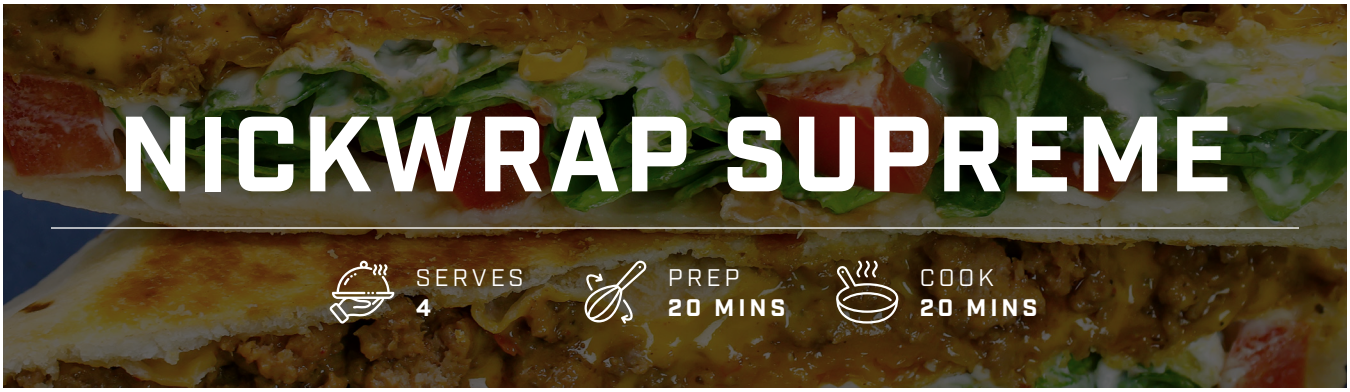
1. Place fennel seeds on a preheated pan on medium-low for 2 minutes or until they start to take on some color.
2. Crush fennel seeds using a mortar and pestle or food processor.
3. Into a large bowl, add fennel and all other ingredients, mix to combine, cover with plastic wrap, and refrigerate for 2-3 hours.
4. Take out a 92g serving, form in desired shape/s, and add to a preheated pan on medium high heat for 2 minutes per side or until internal temperature has reached 155°F.
5. Repeat step 4 and store any extra in the fridge.

MACROS (92G SERVING)

- 133 CALORIES
- 6G FAT
- 2G CARBS
- 18G PROTEIN

MACROS (PER SERVING)

- 456 CALORIES
- 21G FAT
- 53G CARBS
- 28G NET CARBS
- 45G PROTEIN



NICKWRAP SUPREME

SERVES 4 | PREP 20 MINS | COOK 20 MINS

INGREDIENTS

Mission® Carb Balance burrito tortillas
448g 96% lean ground beef
Oil spray

SEASONING

3g chili powder
1g garlic powder
1g onion powder
1g paprika
3g ground cumin
1g crushed red pepper flakes
0.3g dried oregano (¼ teaspoon)
6g salt
2.5g black pepper

FILLINGS

1.2 tortillas
45g nacho cheese
84g cooked taco meat
14g reduced-fat sharp cheddar cheese
1 tostada (12-14g)
42g fat-free Greek yogurt OR
42g **CILANTRO LIME SALSA**
Lettuce
Tomato

DIRECTIONS

1. Mix all Seasoning ingredients in a small bowl until combined.
2. Cut the tomato in half, remove the seeds with a spoon, and dice the remaining tomato.
3. Rough chop a few pieces of lettuce and shred the sharp cheddar cheese.
4. Lightly spray a pan with oil, turn the burner on medium-low, and start adding small chunks of ground beef until all the beef is in the pan.
5. Once all the beef is added, lightly spray the top of meat with oil and sprinkle the seasoning over the top.
6. Stir the meat every 1-2 minutes until browned and seasoned.
7. Pour meat into container or onto plate and cover.
8. Into a large pan on low heat, add one tortilla at a time and heat for about 15-30 seconds or until pliable.
9. Using scissors, cut a small circle from another tortilla, about a fifth of the size of the tortilla. This will be used to help keep the Crunchwrap® sealed.
10. Place the larger warmed tortilla on the counter and add nacho cheese, ground beef, and cheddar cheese. You should spread these ingredients out the size of the tostada.
11. Add tostada on top of all ingredients, then spread a thin layer of Greek yogurt evenly over top of tostada.
12. Top the tostada with lettuce, tomatoes, and the small, pre-cut tortilla.
13. Fold the first side of the tortilla towards the center, then fold the piece right next to it, and repeat until finished. This should take 5 folds to seal.
14. Place the completed Crunchwrap® folded side down into a preheated pan on medium heat.
15. Brown the Crunchwrap® to your desire, flip, and do the same on the top side.
16. Grab some Taco Bell® sauce and enjoy!

JALAPEÑO CHEESEBURGER NICKWRAP

SERVES 4 | PREP 10 MINS | COOK 20 MINS

A play off the original NICKWRAP, this recipe is even cheesier and brings some added heat to the table too.

INGREDIENTS

Oil spray

448g 96% lean ground beef

BURGER SEASONINGS

5g salt

2g garlic powder

1g white pepper

NICKWRAP FILLING

14g pickled Jalapeños

5g juice from pickled Jalapeños

2 slices original Velveeta® cheese

5g Sriracha

84g cooked ground beef

NICKWRAP BUILD

1.25 Mission® Carb Balance burrito tortillas

32g Jalapeño cheddar cheese dip

NICKWRAP FILLING

1 tostada (45 Cal)

Lettuce, chopped

Tomato, deseeded and chopped

MACROS (PER SERVING)

- 452 CALORIES
- 19G FAT
- 57G CARBS
- 26G NET CARBS
- 44G PROTEIN

DIRECTIONS

1. Lightly spray a medium pan with oil and cook the ground beef on medium heat. Add Burger Seasonings on top of beef and break down meat with a spatula.
2. Let meat cook while occasionally stirring until meat is cooked through. Drain off any excess fat. This is the meat that will be added to the cheese sauce.
3. Turn a small pot on low heat, add the Nickwrap Filling ingredients, and stir until cheese is melted and everything is combined.
   - If you need a little extra liquid to make the mixture silky smooth, add 5-10 grams of pickled Jalapeño juice or milk.
4. Lay tortilla on counter and tear off an additional quarter tortilla, which will be used to seal the Nickwrap.
5. On top of the tortilla, spread the Jalapeño cheese dip in a circle the size of the tostada.
6. Directly on top of cheese dip, add Nickwrap Filling, tostada, lettuce, tomato, and quarter tortilla.
7. Fold the first side of the tortilla towards the center, then fold the piece right next to it, and repeat until finished. This should take 5 folds to seal.
8. Place the completed Nickwrap folded side down into a preheated pan on medium heat.
9. Brown the Nickwrap to your desire, flip, and do the same on the top side.
10. Grab some hot sauce and enjoy!

MACROS (PER SERVING)

- 517 CALORIES
- 18G FAT
- 70G CARBS
- 34G NET CARBS
- 54G PROTEIN

BEEFY 5-LAYER BURRITOS

SERVES 3 | PREP 20 MINS | COOK 20 MINS

INGREDIENTS

448g 96% lean ground beef

SEASONING FOR BEEF

3g chili powder
1g garlic powder
1g onion powder
1g paprika
3g ground cumin
1g crushed red pepper flakes
0.5g dried oregano
6g salt
2.5g black pepper

BEEFY 5-LAYER (Makes 2)

2 La Banderita® Carb Counter taco tortillas
2 La Banderita® Carb Counter snack tortillas
62g La Preferida® cheddar cheese
65g fat-free refried beans
100g cooked seasoned beef
60g fat-free Greek yogurt
14g shredded sharp cheddar cheese

DIRECTIONS

1. Add Seasoning Ingredients into small bowl and mix.
2. Place beans, La Preferida® cheddar cheese, sharp cheddar cheese, and Greek yogurt in four separate bowls.
3. Lightly spray a pan with oil, turn burner on medium, and start adding small chunks of ground beef until all beef is in the pan.
4. Once all beef is added, lightly spray the top of the meat with oil, then evenly add seasoning mix over the top. Add 15g of water to the pan.
5. Stir meat every 1-2 minutes until browned.
6. Set cooked meat aside in a container or on a plate and cover.
7. Place the taco tortillas on the counter, add La Preferida® cheddar cheese, and spread evenly across all tortillas.
8. Take the refried beans, microwave for 20 seconds, and spread evenly across the center of the snack tortillas, leaving about an inch of bare tortilla on each side.
9. Directly on top of the beans add seasoned beef, sour cream, and sharp cheddar cheese.
10. Take one side of the taco tortilla and fold it over.
11. Repeat with the other side and take 1-2 grams of the refried beans, put it on the edge of the tortilla, and stick it to the other side of the tortilla. Repeat with second taco tortilla.
12. Lay the folded snack tortillas on the middle end of the taco tortillas.
13. Take the end of the burrito tortilla and lay it on top of the taco tortilla. Then fold one side of the burrito and overlap it with the other side.
14. You now have 2 perfect beefy 5-layer burritos.
15. To get the authentic taste and texture of the drive-thru, roll each burrito in a piece of parchment paper, and throw them in the microwave for about 30 seconds.

TIP: If you can't get the snack size tortilla, you can use a taco tortilla and cut off about an inch around it to make it the same size.

MACROS (PER SERVING)

- 303 CALORIES
- 13G FAT
- 30G CARBS
- 24G NET CARBS
- 24G PROTEIN

CHEESY GORDITA CRUNCH

SERVES 13 | PREP 30 MINS | COOK 30 MINS

INGREDIENTS

TACO FILLING

(Makes ~615g after simmering)

5g avocado oil (ground beef)

448g 96% lean ground beef

6g MSG

6g avocado oil

130g onion, diced

5g garlic, minced

3g chili powder

3g cumin

3g coriander

3g smoked paprika

1g black pepper

125g tomato sauce

100g beef broth

3g salt

GORDITA CRUNCH BUILD

1 **PROTEIN PITA**

21g reduced-fat colby jack cheese, shredded

1 taco shell

48g Taco Filling

13g **SPICY RANCH**

15g lettuce, finely chopped

DIRECTIONS

1. Wash and cut the veggies.
2. Add avocado oil to a preheated pan on medium heat and add ground beef to the pan by crumbling in bite-sized chunks.
3. Add MSG evenly across the beef, break down beef even more using a wooden spatula, and stir constantly until meat is cooked.
4. Set meat aside on a plate or into a container, wipe down pan, place back on the stovetop, and add avocado oil.
5. Into a small bowl, add chili powder, cumin, coriander, smoked paprika, and black pepper and mix.
6. Add onions to pan, mix around so oil is spread evenly throughout, and cook 2-3 minutes or until onions become translucent.
7. Make room in the middle of the pan, add garlic, and stir.
8. Make room in the middle of the pan again, add the seasoning mix, let it sit for 20-30 seconds, then add cooked meat into the pan. Mix well.
9. Once combined, add beef broth and tomato sauce, mix to combine, and turn burner to low to let the mixture simmer for about 15 minutes.
10. Spread cheese evenly across the pita, place taco shell on pita, and microwave for 30 seconds.
11. Using an oven mitt, hold the pita and taco shell together for 20 seconds or until cheese sticks and glues the pita to the taco shell.
12. Try Taco Filling and see if it needs any additional salt.
13. Add filling to the taco shell followed by spicy ranch and lettuce and it's time to eat.

MACROS (PER SERVING)

- 395 CALORIES
- 12G FAT
- 52G CARBS
- 30G NET CARBS
- 40G PROTEIN

MEXICAN PIZZA

SERVES 6 | PREP 15 MINS | COOK 30 MINS

Tastes just as good as the widely available version, but since you can make it at home, you will never have to worry about it disappearing off the menu or selling out *ever again*.

INGREDIENTS

SEASONING MIX

8g cumin
8g smoked paprika
2g chili powder
1g dried oregano
3g coriander
3g MSG

PIZZA FILLING

5g avocado oil
448g 96% lean ground beef
4g salt
70g onion, diced
8g garlic, minced
150g tomato sauce
100g beef broth
10g brown sugar erythritol
4g apple cider vinegar

MEXICAN PIZZA BUILD

2 La Banderita® Carb Counter taco tortillas
80g fat-free refried beans
110g Pizza Filling
20g enchilada sauce
28g reduced-fat colby jack cheese
Tomatoes, diced

DIRECTIONS

1. Add cumin, paprika, chili powder, oregano and MSG into a small bowl and mix to combine. Dice onion.
2. Place tortillas on a sheet pan lined with aluminum foil. Lightly spray both sides of the tortillas with oil and bake in a preheated 300°F oven for 20 minutes, flipping halfway through.
3. Add avocado oil to a preheated pan on medium heat and add ground beef to the pan by crumbling in bite-sized chunks.
4. Add salt evenly across the beef, break down beef even more using a wooden spatula, and stir constantly until meat is cooked.
5. Make room in the middle of the pan, add onions to it, let them cook for 45 seconds, and mix to combine.
6. Once onions become translucent, make room in the middle of the pan, add garlic and Seasoning Mix, let it bloom for 30 seconds, and mix to combine.
7. Add tomato sauce, beef broth, brown sugar, and apple cider vinegar, mix to combine, then turn heat down to low and simmer for 10 minutes.
8. Once meat is finished, try it to see if it needs any additional salt or brown sugar and add more if necessary.
9. Grab one of the cooked tortillas, add beans to the top, spread onto the entire tortilla, and repeat with the Pizza Filling.
10. Place the other tortilla on top of the ground beef, top with enchilada sauce and cheese, and bake in a preheated 350°F oven for 3-5 minutes.
11. Garnish with tomatoes, cut into 4 pieces, and enjoy.

NICKCHICKEN

SERVES 5 | PREP 1 HR | COOK 20 MINS

Want the drive-thru taste without all the drive-thru calories? This chicken sandwich will do just that and makes enough for the entire week.

INGREDIENTS

CHICKEN MIX

700g chicken breast
9g salt
6g granulated erythritol

DREDGE STATIONS

WET STATION 1

230g water
20g corn starch

DRY STATION

90g all-purpose flour
3g garlic powder
2g paprika
3g salt
2g white pepper
3g black pepper

WET STATION 2

1 egg
1 egg white
2g baking powder

FINISHING TOUCHES

Olive oil spray

NICKCHICKEN BUILD

Buns (110 Cal)
1 NickChicken patty
15g light mayonnaise
Lettuce

DIRECTIONS

1. Preheat an air fryer to 400°F.
2. Cut chicken breast into medium-sized chunks, add to blender, and pulse blender for 10-15 seconds or until it is a similar consistency to ground chicken.
3. Add ground chicken to a bowl, then add salt and erythritol. Mix together until ingredients are thoroughly combined.
4. Spray your hands with oil so the ground chicken does not stick to your hands, then separate the chicken mix into 140g-sized balls. Form the chicken balls into patties that are slightly wider than the buns, and place on a piece of parchment paper.
5. Set up dredging stations by adding all Dredge Station Ingredients to three separate containers and mixing until well combined.
6. With one hand or your "wet hand," take a chicken patty, submerge it into the first wet station container, let extra liquid drip off, and place into the dry ingredients container.
7. Using your other hand or what I like to call your "dry hand," add the wet patty to your dry flour mixture and push flour into the patty to coat it thoroughly, making sure the sides of the patty are covered as well.
   - TIP: Put some of the dry mix on a plate or in a separate container before putting patty into the dry station. Then you can easily add the dry mixture to the top of the patty after it is already in the dry station container.
8. Once patty is fully coated, shake any excess flour off, and add to wet station two.
9. Make sure the chicken patty is completely coated in egg wash and let any excess drip off.
10. Put chicken patty back into the dry station and repeat step 7.
11. Place the finished chicken patty on wire rack, mix wet station one with whisk, and repeat the process until all patties are breaded.
12. Spray the bottom of the air fryer with oil and place a patty into the air fryer basket, and lightly spray the top of the patty.

[RECIPE CONTINUES]

DIRECTIONS, CONT

13. Cook chicken for 6-8 minutes in the air fryer, or until chicken has reached an internal temperature of 155°F, flipping halfway through. Repeat this process until all chicken is cooked.
14. When ready to eat, toast inside of the buns and chop lettuce.
15. Add NickChicken to bottom bun, then some chopped lettuce. Add mayo to the top bun and complete the NickChicken by closing the sandwich.
16. Put any extra NickChicken's in separate containers and reheat whenever hunger arises.
    - I typically reheat these in a preheated 350°F air fryer for 4 minutes.

MACROS (PER SERVING)

TIP: For best results, use an air fryer when possible. However, you can use a preheated 400°F oven for 20 minutes or until the internal temperature of the chicken patty reaches 155°F.

TIP: I recommend using a food thermometer to check the internal temperature of the chicken and make sure it reaches 155°F before removing from air fryer. There will be carryover cooking of another 5 degrees or so while it is sitting.

GARLIC PARMESAN BONELESS WINGS

SERVES 3 | PREP 1.75 HRS | COOK 20 MINS

INGREDIENTS

672g chicken breast

DREDGING STATIONS

DRY STATION

70g all-purpose flour
20g corn starch
1g chili powder
2g paprika
2g cumin
3g onion powder
3g garlic powder
3g salt
2g black pepper

WET STATION

15g fat-free milk
1 egg
1 egg white
Oil spray to coat

DIRECTIONS

1. **PREP AND BRINE** chicken breast, then cut into boneless wing-sized chunks.
2. While chicken is brining, make **GARLIC PARMESAN SAUCE**.
3. Add Dredging Ingredients to your wet and dry station containers and mix thoroughly.
4. Add a few chunks of meat at a time into flour mixture using one hand, which I call your "dry hand".
5. Using your other hand, or "wet hand," completely cover the coated chicken in wet mixture and let any excess liquid drip off.
6. Finish chicken by adding it back into the flour mixture and push any of the flour mixture into the cracks and crevices of the chicken to make sure it is completely coated. Add to a wire rack.
7. Lightly spray chicken with oil, then add to a preheated 400°F air fryer oil side down. Lightly spray the other side with oil as well.
8. Cook for 6-8 minutes, flipping halfway through. If you see any white spots after flipping, quickly spray with oil and continue cooking.
9. In a medium-sized bowl, add 220g of cooked chicken and 30g of **GARLIC PARMESAN SAUCE**. Using a brush, coat the pieces of chicken evenly with sauce.
10. Put any additional servings WITHOUT sauce into meal prep containers.
11. When hunger strikes, reheat in air fryer for 3-4 minutes at 350°F, add sauce, and they will be as good as new.

MACROS (PER SERVING)

- 418 CALORIES
- 11G FAT
- 25G CARBS
- 56G PROTEIN

TIP: You can reduce prep time by nearly 30 minutes by buying a "Better Breader." This device can essentially bread all of the pieces at once without having to go one by one. This is available in my Amazon store if you want to check it out.

TIP: When cooking, try and make sure the pieces of chicken aren't touching each other. If you need to do it in batches, that's okay.

MACROS

- 985 CALORIES
- 29G FAT
- 114G CARBS
- 109G NET CARBS
- 75G PROTEIN

CHEESY BREAD

SERVES 1 | PREP 1.25 HRS | COOK 15 MINS

INGREDIENTS

DOUGH

DRY

115g all-purpose flour
30g vital wheat gluten
2g salt
3g instant yeast
5g granulated erythritol

WET

5g avocado oil
1g imitation butter
105g water

COATING

30g corn meal

INSIDE CHEESE

42g fat-free mozzarella cheese
42g part-skim mozzarella cheese

OUTSIDE CHEESE

14g fat-free cheddar cheese
14g fat-free mozzarella cheese
14g mild cheddar cheese
14g part-skim mozzarella cheese

TOPPINGS

5-6g garlic oil
Pinch dried parsley

BATCH GARLIC OIL

100g avocado oil (or oil of choice)
3g imitation butter
4g garlic powder
2g salt
5g grated parmesan cheese

DIRECTIONS

1. Add Dry Ingredients to a food processor and process on high for 15 seconds.
2. Add avocado oil and imitation butter to food processor. Heat water up to 110°F.
3. While processing on high, pour water into the food processor over a 15 second period and continue to process for an additional 30 seconds.
4. Dump dough onto the counter, **KNEAD** for 1-2 minutes, form into a ball, put it in a lightly oiled bowl, cover, and let rise in a warm place for one hour or until doubled in size.
5. While dough is rising, shred the cheese, make the garlic oil, and/or make a **FOOLPROOF HOMEMADE MARINARA** for dipping sauce.
6. Pour cornmeal on the top of the dough, flip dough out onto counter, and sprinkle additional cornmeal on the top.
7. Using the tips of your fingers, press and stretch dough until it is shaped into a roughly 9x8" rectangle.
8. Mix Inside Cheese together, then sprinkle the inside cheese mixture on half of the dough. Fold the other half of the dough over the cheese, and seal edge of dough.
9. Rip off 6 inches of parchment paper, place dough on top of it, and slice the folded dough into 8 pieces.
10. Mix the fat-free cheeses of the Outside Cheeses together and sprinkle over the top of the cheesy bread. Mix the rest of the cheeses together and add over the top of the fat-free cheeses.
11. Put the finished cheesy bread into a preheated 450°F oven for 12-16 minutes.
12. Add Toppings and it's time to eat.

SMASHBURGER

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

PROTEIN BUN (or bun of choice)
4g unsalted butter (for bun)
Two 70g 93% lean ground beef balls
5g unsalted butter (for pan)
Salt and black pepper, to taste
1 slice original Velveeta® cheese
Tomatoes, thinly sliced
Lettuce, finely chopped
15g no sugar added ketchup

DIRECTIONS

1. Sandwich each ball of meat between 2 pieces of 10x10" parchment paper and flatten using a cast iron pan or another flat, heavy object.
2. Prep vegetables, spread 2g of butter on each bun, then place buns butter side down on a preheated pan on medium-high heat, and toast for 1-2 minutes.
3. Remove bun from the pan, then add 2.5g of butter and swirl it around the pan.
4. Add one patty, press into pan for 2 seconds, add salt and pepper, and let the first side cook for 1 minute or until juices have risen to the top of the patty.
5. Scrape burger off the pan, trying to keep the charred bits attached to the burger and flip it. Add cheese to the top of the patty and cook for an additional minute.
6. Place the finished patty on the toasted bottom bun, repeat steps 4 and 5 for the second patty, and place the second patty on top of the first patty.
7. Add tomatoes and lettuce directly onto the patties, put desired ketchup on top bun, and place onto the veggies for a completed burger.

MACROS

- 487 CALORIES
- 20G FAT
- 34G CARBS
- 43G PROTEIN

TIP: If you have a range hood or another way to ventilate your kitchen, I would utilize it. There will be a lot of smoke from the charring of the ground beef that is necessary to get that authentic smash burger taste. If you don't have a range hood, opening windows with a fan pointing towards the window would also be a great way to mitigate the smoke.

CHICKEN GYRO

SERVES 5 | PREP 1.5 HRS | COOK 30 MINS

INGREDIENTS

4 boneless skinless chicken thighs

CHICKEN MARINADE

3g fresh parsley, chopped
15g white vinegar
5g garlic, minced
30g lemon juice
60g fat-free Greek yogurt
6g extra virgin olive oil
4g smoked paprika
6g salt
3g MSG
3g black pepper

CHICKEN GYRO BUILD

1 **PROTEIN PITA**
63g cooked chicken
60g **TZATZIKI SAUCE**
7g fat-free feta
2 slices tomato
6 slices onion
Parsley, chopped

MACROS (PER SERVING)

- 264 CALORIES
- 7G FAT
- 23G CARBS
- 17G NET CARBS
- 33G PROTEIN

DIRECTIONS

1. Using a cutting board, trim excess fat off the chicken.
2. Add Chicken Marinade ingredients to a medium bowl, whisk until combined, add chicken, and make sure every piece is thoroughly coated.
3. Cover bowl with plastic wrap and refrigerate for one hour — up to 24 hours for maximum flavor.
4. When ready to eat, arrange chicken on a sheet pan lined with parchment paper and a wire rack and bake in a preheated 400°F oven for 20-30 minutes or until internal temperature of the chicken reaches 155°F.
5. Chop tomatoes and onion. Once chicken is finished, slice into bite sized pieces.
6. Microwave a pita for 10 seconds and layer it with chicken, tzatziki sauce, feta, tomato, onion, and parsley.
7. Repeat step 6 for any additional servings and it's time to eat.

MACROS (PER SERVING)

- 917 CALORIES
- 25G FAT
- 89G CARBS
- 84G PROTEIN

MEATBALL SUB

SERVES 4 | PREP 45 MINS | COOK 45 MINS

INGREDIENTS

SAUCE

10g extra virgin olive oil
135g white onion, diced
15g garlic, minced
66g tomato paste
28oz can Cento® San Marzano whole peeled tomatoes
3g fresh parsley, chopped
1g dried oregano
1g crushed red pepper flakes
6g salt (or to taste)
5g granulated erythritol (or to taste)
Dash black pepper

MEATBALL MIXTURE

250g fat-free milk
104g white bread, cubed
1 egg
63g grated Parmigiano-Reggiano
15g fresh parsley, chopped
15g garlic, minced
18g salt
3g black pepper
15g lemon juice
1g crushed red pepper flakes
448g 96% lean ground beef
448g 90% lean ground pork

SANDWICH BUILD

½ **PROTEIN BAGUETTE** (7"), frozen
3 Meatballs

DIRECTIONS

1. Add olive oil and onions to a preheated oven-safe pot on medium heat and stir to combine.
2. Press in garlic, stir to combine, and let mixture cook for 3-5 minutes.
3. Add tomato paste, combine the rest of the Sauce Ingredients thoroughly, and let combination simmer for 1 minute.
4. Put an immersion blender into the can of tomatoes, blend 15-20 seconds or until smooth, add to the pan with the rest of the Sauce ingredients, and stir to combine.
   - You can also crush the tomatoes by hand if you prefer.
5. Once sauce starts bubbling, give it a stir, turn stovetop to low, and let sauce simmer for 20-30 minutes, stirring occasionally.
6. Into a large bowl add milk, bread, and an egg and whisk until mixture looks like a wet banana pudding.
7. Add the remaining meatball ingredients into the bowl and mix until well combined.
8. Divide meatball mixture into 120g portions, form into balls, and spread out evenly on a sheet pan lined with parchment paper.
9. Bake meatballs in a preheated 475°F oven for 15 minutes, flip the meatballs, and continue cooking for another 5-8 minutes.
10. Turn oven down to 350°F, add meatballs to the sauce, and mix them until completely covered.
11. Throw pot into the oven, without a lid, along with frozen protein baguettes for 15 minutes.
12. Cut the baguette in half lengthwise and put a layer of sauce on the bottom piece of the baguette. Add meatballs, another layer of sauce on top of the meatballs, optional parmesan, and close the sandwich with the top of the baguette.

TIP: You can use store bought baguettes if you would like, but the protein baguette recipe makes 8 servings that you can store in the freezer for months and is well worth making in my opinion.

SMASHBURGER SALAD

SERVES 1 | PREP 10 MINS | COOK 10 MINS

INGREDIENTS

210g 96% lean ground beef
7.5g unsalted butter
3 slices original Velveeta® cheese
250g iceberg lettuce, chopped
140g tomato, sliced
64g no sugar added ketchup
20g mustard
Salt and pepper, to taste

DIRECTIONS

1. Separate the ground beef into three 70g balls.
2. Place each ball between 2 pieces of 10"x10" parchment paper and flatten using a cast iron pan or another flat, heavy object.
3. Prep vegetables and add them to a large bowl.
4. Add 2.5g of butter to a preheated pan on medium high heat and swirl it around the pan.
5. Add one patty to the pan, press the patty into the pan for 2 seconds using a spatula, add salt and pepper, and let first side cook for 1 minute or until juices have risen to the top of the patty.
6. Scrape the burger off the pan while trying to keep the charred bits attached to the burger. Flip it, add cheese to the top of the patty, and cook for an additional minute.
7. Place the finished patty on a cutting board, repeat steps 3-5 for the other patties, and chop the cheeseburgers into bite sized chunks.
8. Add chopped burgers over the top of the vegetables, top with ketchup and mustard, and it is time to dig in.

MACROS

533 CALORIES
20G FAT
27G CARBS
59G PROTEIN

MACROS

- 577 CALORIES
- 19G FAT
- 53G CARBS
- 55G PROTEIN

ELOTE SALAD

SERVES 1 | PREP 90 MINS | COOK 30 MINS

INGREDIENTS

3 chicken breasts
Smoked paprika, to taste
Chili powder, to taste
200g yellow corn, frozen
5g unsalted butter

DRESSING

30g light mayonnaise
60g fat-free Greek yogurt
15g lime juice
20g water
10g Valentina® hot sauce
6g cilantro, chopped
2g garlic, minced
2g smoked paprika
1g salt
Pinch black pepper

ELOTE SALAD BUILD

200g romaine lettuce, chopped
126g chicken, cooked
Corn dressing
8g green onion, chopped
14g part-skim cotija cheese

DIRECTIONS

1. **PREP** and **BRINE** chicken breasts.
2. Pat the chicken dry with a paper towel, top the chicken with smoked paprika and chili powder, and add chicken to a preheated 400°F oven for 20-25 minutes or until internal temperature of chicken reaches 155°F.
3. While chicken is cooking, add butter and corn to a preheated cast iron pan on high heat.
4. Mix corn and butter to combine, add a pinch of salt over top, and cook for 60-90 seconds to char the corn.
5. Toss the corn, cook for an additional 60-90 seconds, then add to a medium bowl.
   - The corn should literally be popping like popcorn as it finishes cooking.
6. In a separate medium bowl, add Dressing ingredients and stir to combine.
7. Add the corn to the dressing and stir to combine. Prep the vegetables and chop the cooked chicken into bite-sized pieces.
8. To a large bowl, add lettuce, chicken, Corn Dressing, cotija, and green onion. It's time to eat.

CHICKEN GYRO SALAD

SERVES 1 | PREP 90 MINS | COOK 20 MINS

INGREDIENTS

4 chicken breasts

CHICKEN MARINADE

6g fresh parsley, chopped
30g white vinegar
10g garlic, minced
60g lemon juice
120g fat-free Greek yogurt
12g extra virgin olive oil
8g smoked paprika
12g salt
6g MSG
6g black pepper

CHICKEN GYRO SALAD BUILD

300g romaine lettuce, chopped
140g tomato, sliced
150g cucumber, sliced
168g chicken, cooked
170g **TZATZIKI SAUCE**
40g **PICKLED ONION**
42g fat-free feta cheese

DIRECTIONS

1. Using a cutting board, trim excess fat off the chicken breasts.
2. Add the Chicken Marinade ingredients to a large bowl, whisk until combined, add chicken, and make sure every piece of chicken is thoroughly coated.
3. Cover bowl with plastic wrap and refrigerate for one hour, up to 24 hours for maximum flavor.
4. Prep **TZATZIKI SAUCE**.
   - If you plan to eat this recipe through the week, double the recipe to make enough tzatziki for 4 salads.
5. Prep **PICKLED ONION**.
6. When ready to eat, arrange marinated chicken on a sheet pan lined with parchment paper and a wire rack and bake in a preheated 400°F oven for 20-25 minutes or until internal temperature of the chicken reaches 155°F.
7. While the chicken is cooking, prep the vegetables and add them to a large bowl.
8. Chop chicken into bite-sized chunks and add over top of the vegetables along with the tzatziki sauce, feta cheese, and an optional garnish of chopped parsley. Enjoy!

MACROS

- 481 CALORIES
- 4G FAT
- 30G CARBS
- 83G PROTEIN

TIP: Although there is a lot of prep work for this recipe, if you make it once, you should have enough prepared ingredients for the entire week. The only thing you will have to prep each day is the lettuce, cucumber, and tomato — and even those can be prepared for multiple days at a time if you prefer.

1 HOUR CALZONE

SERVES 1 | PREP 60 MINS | COOK 40 MINS

INGREDIENTS

DOUGH

DRY

44g all-purpose flour
14g vital wheat gluten
10g oat fiber
3g instant yeast
1g salt

WET

3g unsalted butter
62g water

CALZONE BUILD

DOUGH

21g part-skim ricotta cheese
21g fat-free mozzarella cheese
21g part-skim mozzarella cheese
4g garlic, roasted
Pinch salt
42g chicken, cooked
2 slices bacon, cooked (80 cal)
Corn meal

MACROS

- 501 CALORIES
- 16G FAT
- 55G CARBS
- 45G NET CARBS
- 44G PROTEIN

DIRECTIONS

1. Put Dry Ingredients into a food processor and process for 30 seconds.
2. Cut butter in half, add one piece to each side of the food processor, and process for 30 seconds to combine.
3. While processing, heat water up to 110°F.
4. Start food processor up again, slowly pour in water over 15-20 seconds, and process for an additional 30 seconds.
5. Take the blade out and squeeze the dough together a few times to make sure any dry bits are incorporated.
6. Lightly spray a high-sided container with oil, place dough into the container, and lightly spray the top of the dough with oil as well. Cover and place somewhere warm for 45 minutes.
7. On a sheet pan lined with parchment paper, arrange one package of bacon into strips, trying not to overlap. Bake in a preheated 425°F oven for 20-25 minutes or until it is cooked to your preference.
8. Remove your bacon and turn oven up to its highest temperature setting.
9. In a medium bowl, add ricotta, both mozzarellas, garlic, and salt. Mix to combine.
10. Lightly spray counter with oil, plop the dough down, and stretch the dough from the middle outward until it is an 8-9" circle.
    - For better technique on how I do this, please refer to timestamp 5:03 in the video.
11. Place cheese mix on one half of the dough, leaving a 1" space between the edge of the calzone and the start of the cheese mix.
12. Place chicken and bacon directly on top of the cheese mix, fold the dough over the fillings, and line up the edges of the dough.
13. Using your fingertips, push down on the edges of the dough to create an initial seal.
14. Starting at one end, fold in a small piece of dough. Then directly next to the first fold repeat and keep going until the entire edge has been completely sealed.
15. Push down the edge of the dough once more, whisk an egg in a glass, brush the outside of the dough with a thin layer of egg wash, and make 3-4 cuts on top of the calzone using a knife.
16. Put corn meal on the end of a pizza peel or tray, put the calzone on the corn meal, and slide into the oven for 12-14 minutes or until golden brown.
17. Cut in half, dip into some **SPICY RANCH** and let's eat!

1 HOUR PIZZA

SERVES 2 | PREP 50 MINS | COOK 10 MINS

INGREDIENTS

DOUGH (makes 2 doughs)

120g tipo 00 flour
40g vital wheat gluten
6g instant yeast
2g salt
1g garlic powder
2g diastatic malt powder
6g extra virgin olive oil
120g light beer

PIZZA

1 Dough
90g **FOOLPROOF HOMEMADE MARINARA**
5g grated parmesan
56g fat-free mozzarella cheese
70g part-skim mozzarella cheese
28g turkey pepperoni

DIRECTIONS

1. Add flour, vital wheat gluten, malt powder, garlic powder, salt, and yeast to food processor and process on high for 15 seconds. Add olive oil on top of dry ingredients.
2. Heat beer to 90°F, then turn food processor on high and slowly pour beer into it over a 20 second period. Keep processing for an additional 30 seconds.
3. Flip dough out onto a lightly floured surface and knead for 1 minute. Divide dough into two pieces, shape into balls, and put under a damp towel for 15 minutes.
4. While waiting, shred any cheese needed and/or make a **FOOLPROOF HOMEMADE MARINARA**.
5. Lay four 12-inch pieces of parchment paper on the counter and lightly spray with oil.
6. Grab a dough, pat between your hands until it is roughly 5 inches in diameter, put it on the parchment paper, and cover with another piece of parchment oil side down.
7. Using a rolling pin, gently roll back and forth at different angles to keep the shape of a circle.
8. Once pizza is about 12" or to your desired thickness, place in a warm spot in the kitchen to rise for 30 minutes and start preheating oven to 500°F.
9. Take parchment paper off the top of the dough and add Pizza Ingredients in the order listed.
10. Put pizza on a tray or using a pizza peel, put pizza in the oven for 8-10 minutes or to preferred doneness.
11. Slice and EAT.

MACROS (PER SERVING)

- 729 CALORIES
- 24G FAT
- 58G CARBS
- 68G PROTEIN

TIP: If you only want to make one pizza you can store the extra dough in the fridge for up to a week. In a high-sided container, spray with oil, place the dough ball (not rolled out), cover, and throw it in the fridge. An hour before you are ready to eat, take the dough out of the fridge and then start at step 4.

PIZZA POT PIE

SERVES 2 | PREP 1.5 HRS | COOK 45 MINS

INGREDIENTS

DOUGH (makes 2 doughs)

142g bread flour
1g garlic powder
2g salt
2g instant yeast
2g extra virgin olive oil
94g water

HOMEMADE SAUCE

28oz can Cento® crushed tomatoes
66g tomato paste
80g onion, diced
80g green bell pepper, diced
7g garlic, minced
5g extra virgin olive oil
1g oregano
1g crushed red pepper
5g salt
10g granulated erythritol

[INGREDIENTS CONTINUE]

DIRECTIONS

1. Add all Dough Ingredients into a medium-sized bowl and mix together until you have a shaggy dough (if it's not perfectly mixed at this stage, that's okay).
2. Cover the bowl with plastic wrap and let sit in a warm place for 15 minutes.
3. Lightly dust your surface with flour, then turn out your dough. Knead with the palm of your hand for 5 minutes.
4. Lightly spray your dough bowl with oil, place the kneaded dough back into the bowl, and lightly spray the top of the dough with oil. Cover the bowl with plastic wrap, and place in a warm area to rise for one hour.
5. To make the sauce, dice the green pepper and the onion and add to a preheated pot on medium heat along with the olive oil.
6. Cook for 3 minutes or until vegetables become soft, stirring occasionally.
7. Make room in middle of pan and add minced garlic. Once garlic becomes fragrant, add crushed tomatoes and mix thoroughly.
8. Add tomato paste, oregano, and crushed red pepper to the pot and stir to combine.
9. Bring sauce to a simmer, turn burner to low, and let it simmer for about 20-30 minutes or to preferred thickness.
10. Add salt and erythritol to the sauce, mix, and put sauce to the side to cool.
    - You may like more or less salt/erythritol depending on your specific taste buds, so use my amounts as an outline. Add a bit at a time and try it until you are happy.
11. Split dough in half and round into balls. Grab a bowl that is about 5.5" wide and 1.5" deep, and lightly spray with oil.
12. Add thin slices of mozzarella to the bowl, covering the interior surface completely, then repeat with the fat free mozzarella. Add homemade sauce to the bowl.
13. Using your fingers, push out from the middle of the dough, rotating it and working it into a circle, until it is big enough to cover the entire bowl.

[RECIPE CONTINUES]

INGREDIENTS, CONT

PIZZA

Oil spray

65g part skim mozzarella (thinly sliced)

65g fat-free mozzarella

85g Homemade Sauce

1 Dough

3g unsalted butter

DIRECTIONS, CONT

14. Lay dough over top of bowl and pat the edges so it sticks to the bowl.
15. Place bowl on a tray and bake in a 400°F oven for 16 minutes.
16. Once finished pull it out, heat 3g of butter in the microwave until melted, and brush on top.
17. With high quality oven mitts, quickly flip bowl on tray lined with aluminum foil, slowly go around the rim with a spoon, pull bowl away from pot pie, and EAT.

MACROS (PER SERVING)

- 619 CALORIES
- 18G FAT
- 71G CARBS
- 47G PROTEIN

TIP: If you want a smoother sauce, mix with an immersion blender for about 30 seconds once all ingredients are added OR chop veggies smaller before adding them into the pot.

BBQ CHICKEN SHEET PAN PIZZA

SERVES 8 | PREP 2 HRS | COOK 18 MINS

INGREDIENTS

DOUGH

DRY

390g all-purpose flour

100g vital wheat gluten

6g salt

7g instant yeast

WET

15g extra virgin olive oil

360g water

PIZZA

4g extra virgin olive oil

Dough

220g no sugar added BBQ sauce

252g chicken breast, cooked

224g fat-free mozzarella cheese, shredded

252g part-skim mozzarella cheese, shredded

Cilantro, chopped

DIRECTIONS

1. Add all Dry Ingredients in a food processor and process on high for 30 seconds.
2. Add olive oil onto the dry ingredients, put the top on, turn the processor on high, and slowly add water over 15-20 seconds. Continue to process for an additional 30 seconds.
3. Lightly spray a large bowl with oil, plop the dough on the counter, form into a ball, and add to the bowl. Lightly spray the top of the bowl with oil and cover for 90 minutes or until doubled in size.
4. Pour olive oil on sheet pan and spread around the entire sheet pan.
5. Take dough out of the bowl, let it hang for a couple seconds so it naturally starts stretching into a rectangular shape, and plop it onto the sheet pan.
6. Using the tips of your fingers, start stretching the dough out across the pan by pressing outwards. Cover with another sheet pan or a damp towel for 30 minutes.
7. If the corners snapped back a little bit, lightly stretch the dough back into the corners of the pan. Top the dough with BBQ sauce, chicken, fat-free cheese, and part-skim cheese.
8. Bake in a preheated 400°F oven for 16-20 minutes or until cheese begins to brown.
9. Garnish with cilantro, slice, and enjoy.

MACROS (PER SERVING)

- 430 CALORIES
- 11G FAT
- 46G CARBS
- 39G PROTEIN

TIP: It will not hurt the dough if it rises longer than 90 minutes as it still needs an additional rise anyway. If you need to go somewhere for 2-3 hours, your dough will be ready for you when you get back.

TIP: If the dough keeps snapping back when you are stretching it in the sheet pan, cover it and let it rest for 15-20 minutes. This will allow the gluten to relax and help the dough to stretch.

CHEESE AND PEPPERONI SHEET PAN PIZZA

SERVES 32 | PREP 2 HRS | COOK 18 MINS

INGREDIENTS

DRY

420g all-purpose flour

100g vital wheat gluten

6g salt

5g instant yeast

WET

15g extra virgin olive oil

375g water

PIZZA BUILD

5g extra virgin olive oil

DOUGH

250g **FOOLPROOF HOMEMADE MARINARA**

476g part-skim mozzarella cheese, shredded

71g turkey pepperoni

Cilantro, chopped

DIRECTIONS

1. Throw all Dry Ingredients in a food processor and process on high for 30 seconds.
2. Add olive oil to the food processor, put the top on, turn the processor on high, and slowly add water over 15-20 seconds. Continue processing for an additional 30 seconds.
3. Lightly spray a large bowl with oil, plop the dough on the counter, form into a ball, put it in the bowl, lightly spray the top of the bowl with oil, and cover for 90 minutes or until doubled in size.
4. Make **FOOLPROOF HOMEMADE MARINARA** if not already made.
5. Pour olive oil onto a sheet pan and spread around the entire sheet pan.
6. Take dough out of the bowl, let it hang for a couple seconds so it naturally starts stretching into a rectangular shape, and plop it onto the sheet pan.
7. Using the tips of your fingers, start stretching the dough out across the pan and cover with another sheet pan for 30 minutes.
8. If the corners snap back a little bit, lightly stretch the dough into the corners of the pan, then top with marinara sauce, part-skim cheese, and cover half of the pizza with pepperoni.
9. Bake in a preheated 400°F oven for 16-20 minutes or until cheese has a nice browning.
10. Pull it out of the oven, slice, and enjoy.

MACROS (PER SERVING)

- 116 CALORIES
- 4G FAT
- 12G CARBS
- 8G PROTEIN

TIP: It will not hurt the dough if it rises longer than 90 minutes as it still needs an additional rise anyway. If you need to go somewhere for 2-3 hours, your dough will be waiting for you when you get back.

TIP: If the dough keeps snapping back when you are stretching it in the sheet pan, cover it and let it rest for 15-20 minutes. This will allow the gluten to relax and help the dough stretch.

PAN PIZZA

SERVES 1 | PREP 2 HRS | COOK 10 MINS

INGREDIENTS

DOUGH

110g bread flour

2g salt

1g garlic powder

2g instant yeast

3g granulated erythritol

85g 1% milk

PIZZA BUILD

100g **FOOLPROOF HOMEMADE MARINARA**

5g parmesan, grated

112g fat-free mozzarella cheese, shredded

112g part-skim mozzarella cheese, shredded

DIRECTIONS

1. Add yeast, flour, salt, erythritol, and garlic to a large bowl and whisk to combine.
2. Heat milk in the microwave for 20-30 seconds or until it reaches 110°F, add it to the bowl. Using a spoon, mix the rest of the Dough Ingredients until a dough ball starts to form.
3. Once all ingredients are incorporated, cover with plastic wrap, and let the dough sit for 15 minutes.
   - The dough will be very wet at this point.
4. Take the dough ball out of the bowl, **KNEAD** for 5 minutes, form into a ball, and add it to a lightly oiled bowl. Cover and put in a warm place for 1-2 hours or until doubled in size.
5. Lightly spray a 10" nonstick pan with oil, put the dough down in the middle of the pan, spread it out evenly until dough just starts to creep up the side of the pan, and lightly spray the top of the dough with oil.
6. Put pan on the stovetop, turn burner onto medium low heat, and cook the bottom of the dough for 3-5 minutes or until the crust is a deep golden brown.
7. Put pan onto the work surface and top dough with sauce, parmesan, fat-free cheese, and part-skim cheese.
8. Broil for 3-4 minutes or until cheese is bubbling and brown on top.
9. Cut into four slices and enjoy.

MACROS (PER SERVING)

- 983 CALORIES
- 27G FAT
- 106G CARBS
- 103G NET CARBS
- 86G PROTEIN

MACROS (PER SERVING)

- 363 CALORIES
- 14G FAT
- 32G CARBS
- 28G PROTEIN

DEEP DISH PIZZA

SERVES 8 | PREP 2 HRS | COOK 1 HR

INGREDIENTS

DOUGH

DRY

190g all-purpose flour

40g vital wheat gluten

20g corn meal

6g sugar

4g salt

3g instant yeast

WET

28g unsalted butter

160g water

SAUCE

100g white onion, grated

15g garlic, minced

10g extra virgin olive oil

28oz can Cento® San Marzano whole peeled tomatoes

66g tomato paste

1g oregano

4g salt

10g granulated erythritol

PIZZA BUILD

7g extra virgin olive oil

1 Dough

224g whole milk low moisture mozzarella cheese, shredded

224g fat-free mozzarella cheese, shredded

126g turkey pepperoni

Sauce

Optional: grated parmesan cheese

DIRECTIONS

1. Place Dry Ingredients into a food processor, process for 30 seconds, add butter to processor, and blend for an additional 20 seconds or until mixture becomes pebbly-looking.
2. Turn the processor on high while slowly adding the water over a 30 second period and let dough mixture process for an additional 20-30 seconds.
3. Flip the dough onto work surface, shape it into a ball, and place it in a lightly oiled medium-sized bowl. Spray the top of the dough with oil and cover for 60 minutes.
4. Grate 100g of onion on a box grater and drain any extra liquid.
5. Add olive oil, onion, and garlic to a preheated pot on medium heat, stir to combine, and let them cook for a few minutes while stirring occasionally.
6. Once the ingredients start to take on some color, add tomato paste and incorporate it into the mixture.
7. Using your hands, crush one tomato at a time in-between your fingers to your preferred chunkiness.
   - If any tomatoes are too chunky, simply grab them out of the pan and crush them again.
8. Add the rest of the sauce ingredients to the pot and stir to combine. Once the sauce comes to a simmer, turn stovetop to low, cover with a lid that lets steam escape, and let it reduce for 20-30 minutes.
9. After the dough has risen for 60 minutes, refrigerate it for an additional 30 minutes.
10. Lightly dust work surface with flour, plop the dough down, lightly dust the dough and rolling pin with flour, and roll the dough out into a roughly 13" circle using a rolling pin.
11. Spread olive oil into a 12" cast iron pan, add the rolled-out dough, and spread it evenly across the bottom and sides of the pan making sure the crust comes all the way up the sides.
12. Add fat-free cheese, then a layer of whole milk cheese, and top with pepperoni. Add sauce as the top layer of the pizza, making sure everything is evenly spread out.
13. Bake pizza in a preheated 400°F oven for 30-40 minutes. Once removed from the oven, top with parmesan, slice it, and it is time to eat.

TIP: I would wait 5-10 minutes before slicing and another 5 minutes before serving to avoid burning your mouth. You have been warned.

MACROS (PER SERVING)

- 387 CALORIES
- 18G FAT
- 25G CARBS
- 31G PROTEIN

LOU'S SAUSAGE DEEP DISH PIZZA

SERVES 6 | PREP 24 HRS | COOK 30 MINS

INGREDIENTS

DOUGH

DRY

160g all-purpose flour

30g vital wheat gluten

1g instant yeast

2g salt

WET

25g corn oil

5g olive oil

90g water

ITALIAN SAUSAGE

448g 90% lean ground pork

9g salt

2g black pepper

1.5g garlic powder

PIZZA BUILD

1.5g Crisco®

1 dough

140g fat-free mozzarella cheese, shredded

168g whole milk low moisture mozzarella cheese, thinly sliced

280g sausage

180g 6/1 tomato sauce

5g pecorino romano, grated

5g Parmigiano-Reggiano, grated

Pinch dried oregano

DIRECTIONS

1. Place dry ingredients into a food processor and mix for 60 seconds.
2. Add corn oil and olive oil into processor and blend on high for 10 seconds. While blending, slowly add water over a 15-20 second period and continue blending for an additional 20 seconds.
3. Place dough on the counter. Use a piece of the dough to scrape up any ingredients that remain in the food processor.
4. Knead the ingredients into the dough for one minute, place in a bowl, cover with cling wrap, and refrigerate for 24-48 hours.
5. Top the ground pork with salt, black pepper, and garlic powder and knead the seasonings into the meat for 3-4 minutes. Place the sausage in a bowl, cover with cling wrap, and refrigerate for 24-48 hours.
6. Take dough out of the fridge 2-3 hours before cooking to rise. Spread Crisco® in a 10" springform pan, making sure the bottom and sides are completely covered.
7. Add dough into the pan and stretch the dough edge to edge, making sure the outside edge of the dough is thicker than the rest of the dough.
8. Using your fingertips, bring the edge of the dough 1" up the pan. The dough along the edge of the pan should be very thin.
9. Add fat-free mozzarella on top of the dough. Then overlap the whole milk mozzarella slices along the edge of the pan, followed by another piece placed in the middle. Evenly distribute any remaining slices.
10. Place pieces of sausage throughout the pan and push the pieces into the cheese to ensure a thin layer of sausage once finished. I like start on the edge of the pan and work my way in.
11. Add sauce onto the middle of the pizza and push the sauce out to the edges.
12. Mix the parmesan, romano, and oregano in a small bowl. Spread across the pizza.
13. Using 3"x4" pieces of aluminum foil, cover the pizza crust at the sauce line and wrap any extra foil around the top of the pan.
14. Bake pizza in a preheated 450°F oven for 25-30 minutes.
15. Remove from the oven and immediately place the pizza on a wire rack. Let cool for 5 minutes before slicing into 6 pieces and eating the shit out of it.

DEEP DISH PROCESS

STEP 7: After stretch

STEP 8: Finished dough

STEP 9: Cheese layers complete

STEP 13: After foiling

CHICKEN ALFREDO PIZZA

SERVES 1 | PREP 1.5 HRS | COOK 1.25 HRS

INGREDIENTS

3 chicken breasts

1 head of garlic, roasted

DOUGH

110g King Arthur® bread flour

20g vital wheat gluten

1.5g yeast

1g salt

91g water

PIZZA BUILD

14g corn meal

Dough

80g roasted garlic alfredo sauce (45 cal)

6g roasted garlic

105g chicken, cooked

7g Parmigiano Reggiano cheese

40g fat-free mozzarella cheese

40g part-skim mozzarella cheese

DIRECTIONS

1. **BRINE** your chicken breasts.
2. While the chicken is brining, **ROAST** your garlic.
3. While the garlic is roasting, add the bread flour, vital wheat gluten, yeast, and salt into a food processor and process on high for 30 seconds.
4. While processor is running, slowly add water over 15-20 seconds. Continue to process for an additional 30 seconds.
5. Lightly spray a medium-sized bowl with oil, plop the dough on the counter, form into a ball, and add to the bowl. Lightly spray the top of the dough with oil and cover for 90 minutes or until doubled in size.
6. Pat the chicken dry with a paper towel and add chicken to a preheated 400°F oven for 20-25 minutes or until internal temperature of the chicken reaches 155°F.
7. Cut the chicken into bite sized pieces.
8. Cover the work surface with corn meal, add the dough on top of the corn meal bottom side down, and cover the top of the dough with corn meal as well.
9. Stretch the dough until it is about 11" in diameter, leaving the crust thicker than the rest of the pizza. Lightly dust a pizza peel with corn meal.
10. Toss the dough back and forth between your hands to remove any excess corn meal and place the dough onto the pizza peel.
11. Top the dough with alfredo sauce, garlic, chicken, Parmigiano Reggiano, and fat-free and part-skim mozzarella.
12. Bake in a preheated oven at the highest temperature possible (mine oven goes to 550°F) for 5-8 minutes or until cheese starts browning
13. Add to a wire rack to cool, slice, and it's time to eat.

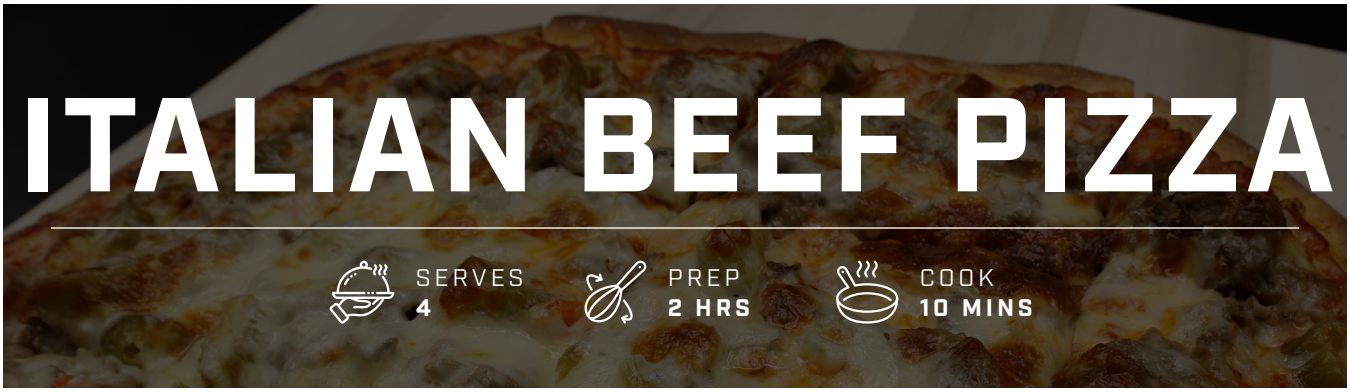
MACROS

- 903 CALORIES
- 18G FAT
- 101G CARBS
- 89G PROTEIN

TIP: Grill the chicken breasts instead for greater flavor.

TIP: If you would like slices that don't bend or break, once the pizza has cooled off, I would add the pizza back in the oven for 60-90 seconds. The bottom will become crispy again while holding all the toppings as you eat it.

FYI: Only 6 grams of corn meal was used to calculate the macros. During the testing of this recipe, I took the average of how much corn meal was used on the pizza versus what was left over.



ITALIAN BEEF PIZZA

SERVES 4 | PREP 2 HRS | COOK 10 MINS

INGREDIENTS

DOUGH

130g 00 flour
30g vital wheat gluten
1g instant yeast
2g salt
10g butter, cubed
95g water

PIZZA SAUCE

1 can Cento® crushed tomatoes
50g tomato paste
12g olive oil
10g granulated erythritol
5g salt
Pinch dried oregano

AU JUS

1g allspice
2g celery seed
2g coriander
1g crushed red pepper
2g cumin
2g fennel seed
5g MSG
2g mustard seed
2g onion powder
2g oregano
3g paprika
2g black peppercorns
13g garlic cloves
1 bay leaf
907g beef broth
24g beef bouillon

(INGREDIENTS CONTINUE)

DIRECTIONS

1. Add flour, vital wheat gluten, yeast, and salt into a food processor and mix on high for 1 minute.
2. While mixing, add butter one cube at a time and mix for an additional 15 seconds.
3. While mixing, add water over a 20-30 second period and continue blending for an additional 30 seconds.
4. Lightly spray a medium-sized bowl with oil, plop the dough on the counter, form into a ball, and add to the bowl. Cover for 1.5-2 hours.
5. Add all sauce ingredients directly into the crushed tomato can and mix. Add to a container and refrigerate.
6. Add all spices to a small bowl besides the garlic cloves and bay leaf. Add spices to a preheated saucepan on medium heat and mix together. Let dry roast for 30-60 seconds.
7. Add bay leaf, garlic cloves, and beef broth to the saucepan and bring to a simmer.
8. Add beef bouillon and stir. Turn the pot to low and allow it to simmer for 30 minutes.
9. Place a strainer over a medium-sized bowl, pour the au jus through the strainer, and wipe the saucepan with a towel.
10. Discard spices, pour the au jus back into the saucepan, and place back onto the stovetop.
11. Add roast beef to the saucepan and heat the beef juice to 140°F. Remove pan from heat and allow meat to marinade.
12. Place a strainer on top of a plate, add giardiniera and allow to drain for at least 20 minutes.
13. Grab the same bowl used to strain the spices and strain the beef. Allow beef to drain for 20 minutes.
14. Using a paper towel, dab the giardiniera to remove as much excess oil as possible and weigh out 120 grams.
    - If there is too much oil or au jus on the pizza, it will end up a soggy mess.
15. Using your hands, squeeze as much juice out of the beef as possible and add to a medium bowl.

(RECIPE CONTINUES)

INGREDIENTS, CONT

PIZZA BUILD

130g pizza sauce

224g italian beef, thinly sliced

120g giardiniera

8g pecorino romano cheese, grated

8g parmigiano reggiano cheese, grated

112g fat-free mozzarella cheese, shredded

187g part-skim mozzarella cheese, thinly sliced

Corn meal

DIRECTIONS, CONT

16. Lightly sprinkle corn meal onto the work surface, flip dough onto the corn meal and add additional corn meal to the bottom of the dough.
17. Flip the dough back over and using a rolling pin, roll back and forth two times. Turn the dough 90° or a quarter turn, and roll back and forth two more times. Repeat this process until the dough is 10-11".
18. Pick up the dough, make two fists underneath it and move the dough in a circular motion. Make sure you go around the entire dough. The dough should be about 12" now.
19. Take the dough and grab the crust by your finger tips. Similar to spinning the dough with your fists, do the same thing to the crust and go all the way around the pizza. The dough should now have reached final form at 14".
20. Roll out the edges of the dough to remove any air pockets and flatten.
21. Place dough on top of a sheet of parchment paper and add pizza sauce, leaving about a quarter inch for a crust.
22. Add remaining toppings in the order listed and add to a preheated 550°F oven for 8-10 minutes.
23. Enjoy an authentic Chicago style pizza.

MACROS (PER SERVING)

TIP: Keep the au jus if you plan to make another pizza or an italian beef sandwich in the next week. Simply reheat the au jus and beef to 140°F and the italian beef is ready.

DETROIT PIZZA

SERVES 2 | PREP 24 HRS | COOK 30 MINS

INGREDIENTS

DOUGH (MAKES 2)

240g all-purpose flour
80g vital wheat gluten
5g salt
3g instant yeast
225g water

SAUCE

794g crushed tomatoes
10g olive oil
8g garlic, minced
1g dried oregano
.5g dried basil
1g garlic powder
5g salt
.5g black pepper

PIZZA BUILD

1.5g Crisco®
1 dough
42g turkey pepperoni
84g fat-free mozzarella cheese, shredded
98g brick cheese, shredded
90g sauce

MACROS (PER SERVING)

612 CALORIES
19G FAT
57G CARBS
53G PROTEIN

DIRECTIONS

1. Add flour, vital wheat gluten, salt, and yeast to a large bowl. Whisk to combine.
2. Add water and mix the ingredients using a spoon until a shaggy dough forms.
3. Go in with a wet hand, press the dough down, and fold it onto itself. Repeat until all dry ingredients are fully hydrated. Cover for 20 minutes.
4. Using a wet hand, perform a stretch and fold by pulling one side of the dough as high as possible then folding it over itself. Turn the bowl 90 degrees and repeat 3-4 more times until all dough has been stretched.
5. Flip the dough over and form into a ball by sliding your hand underneath the dough and pulling it in a circular motion towards the side of the bowl.
6. Cover the dough for 20 minutes, repeat steps 4 and 5, and divide the dough into 2 pieces. Each piece should weigh roughly 275g.
7. Form each piece into individual balls by flattening the dough with your fingers, folding each side of the dough into the middle, flipping it over, and rolling it in a circular motion until a ball is formed.
8. Grab 2 high-sided containers, lightly spray them with oil, and add the dough balls. Cover with a lid and refrigerate for a minimum of 24 hours. (96 hours creates peak flavor)
9. Add olive oil and garlic to a preheated pot on medium heat and mix. Sauté the garlic for 30 seconds, add oregano and basil, and stir to combine.
10. After 10-15 seconds, immediately add all other sauce ingredients and mix.
11. Bring sauce to a simmer, turn the heat down to low, and let it reduce for 15 minutes. Add to a container and refrigerate.
12. Grab an 8x10" hard-anodized pan and spread Crisco® around the bottom and sides of the pan. Add dough to the pan and cover.
13. After 1-2 hours, spread the dough out edge to edge and cover for 2-4 hours
14. Parbake dough in a preheated 500°F oven for 6-8 minutes and get all other toppings ready.
15. Remove pan from oven, add toppings, and bake for another 8-12 minutes.
16. Immediately place the pizza on a wire rack so the bottom stays crispy.
17. Divide into 4 slices and eat.

SWEET

TREATS

CANDIED PECANS

SERVES 8 | PREP 5 MINS | COOK 30 MINS

INGREDIENTS

224g pecans

DRY

50g granulated erythritol
50g brown sugar erythritol
6g ground cinnamon
3g salt

WET

1 egg white
4.2g vanilla extract
2g water

DIRECTIONS

1. Add Dry Ingredients into a medium-sized bowl and whisk together.
2. In a separate medium-sized bowl, separate an egg white from the yolk and whisk the white for 60 seconds or until it becomes frothy.
3. Add vanilla extract and water to the frothed egg white and whisk until combined.
4. Add ¼ dry ingredients to the wet ingredients and mix until combined. Repeat with ¼ of the dry ingredients at a time until dry ingredients are fully mixed in.
5. Pour pecans into the bowl and using a spatula, mix ingredients together until all pecans are fully coated.
6. Spread pecans into one even layer on a cookie sheet lined with parchment paper or silicone baking mat.
7. Bake in a preheated oven at 300°F for 30 minutes, mixing the pecans halfway through the baking process.
8. Let cool for one hour and store in an airtight container.

MACROS (PER SERVING)

- 147 CALORIES
- 15G FAT
- 8G CARBS
- 2G NET CARBS
- 3G PROTEIN

TIP: If you want a lighter roast, turn oven temperature down to 250°F and cook for the same amount of time.

CRISPY RICE SQUARES

SERVES 9 | PREP 5 MINS | COOK 10 MINS

INGREDIENTS

28g butter
50g 2% milk
4g vanilla extract
1g salt
192g Max Mallow®
97.2g Gorilla Mind Vanilla Ice Cream protein powder
148g crispy rice cereal
Oil spray

DIRECTIONS

1. Add butter, milk, vanilla extract, and salt to a large pot.
2. Set the stovetop to medium-low heat and place the pot onto the stove.
3. Using a wooden spoon, mix the pot as the butter melts.
4. Add marshmallows to the pot. Stir the marshmallows every minute until they are almost melted.
5. Add protein powder, remove pot from heat, and stir until the protein powder is fully mixed in.
6. Pour crispy rice into the pot and mix to combine.
7. Lightly spray an 8x8 inch baking pan with oil, pour crispy rice treats into the pan, and pat down into an even layer.
   - Spray a little bit of oil onto your hands and rub them together to prevent the crispy rice treats from sticking to them.
8. Cut into 9 squares and try one while they are still warm.

MACROS (PER SERVING)

- 150 CALORIES
- 3G FAT
- 22G CARBS
- 19G NET CARBS
- 11G PROTEIN

TIP: Microwave one serving for 8-10 seconds for a warm, fresh crispy rice square.

The goal of the blender ice cream is to provide a delectable dessert capable of satisfying even the biggest appetites, while producing a creamy soft-serve ice cream or milkshake in as little as ten minutes.

When I first started making ice cream recipes, I broke two blenders before realizing I needed one with more power. I highly recommend getting a Ninja® blender because they have proven to withstand the wear and tear of regular use, even after making hundreds of ice creams. The cheapest model you can get will work here, just make sure it holds at least 72oz.

BLENDER

ICE CREAM

OREO
E4C1
Exercise4CheatMeals

COOKIES N' CREAM NICKFLURRY

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

480g ice

SPIN 1

130g 1% milk

120g fat-free Greek yogurt

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1.5g guar gum

1.5g xanthan gum

42g PEScience Cookies and Cream protein powder

10g black cocoa powder

30g granulated erythritol

3 Oreos®

MIX-INS

1 Oreo®, crushed

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Add ½ the Mix-ins and stir together.
7. Top with remaining Mix-ins and it's time to eat.

MACROS

- 547 CALORIES
- 15G FAT
- 88G CARBS
- 58G NET CARBS
- 53G PROTEIN

Exercise4CheatMeals

CRUNCHY CINNAMON SQUARES PROTEIN ICE CREAM V1

SERVES 1 | PREP 6 MINS | COOK 4 MINS

This recipe combines two things I adored as a child: cereal and ice cream.

INGREDIENTS

440g ice

SPIN 1

84g fat-free milk

140g fat-free Greek yogurt

4.2g vanilla extract

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

62g PEScience Snickerdoodle protein powder

2g cinnamon

18g brown sugar erythritol

18g granulated erythritol

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Transfer to desired drinking container and enjoy!

MACROS

- 368 CALORIES
- 3G FAT
- 35G CARBS
- 17G NET CARBS
- 67G PROTEIN

Exercise4CheatMeals

CRUNCHY CINNAMON SQUARE PROTEIN ICE CREAM V2

SERVES 1 | PREP 8 MINS | COOK 4 MINS

The exquisite combination of crunchy bites mixed in with loads of soft serve ice cream will have you making this day in and day out.

INGREDIENTS

420g ice

SPIN 1

80g fat-free Greek yogurt

80g fat-free milk

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g xanthan gum

1g guar gum

31g PEScience Snickerdoodle protein powder

10g brown sugar erythritol

10g granulated erythritol

1g ground cinnamon

MIX-INS/TOPPINGS

20g Cinnamon Toast Crunch® cereal

1 Cinnamon Toast Crunch® soft baked bar

DIRECTIONS

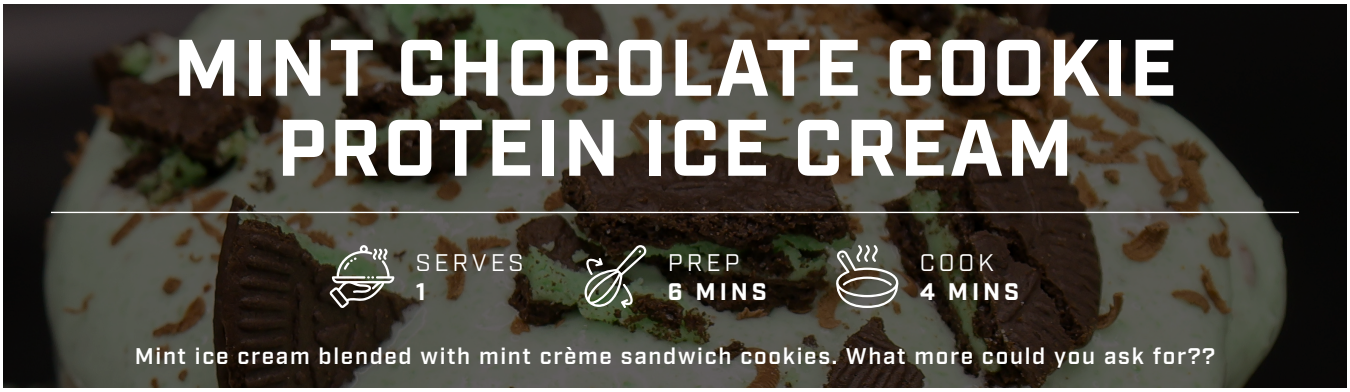
1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Take blade out, add ¾ Mix-ins, and stir together.
7. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 394 CALORIES
- 7G FAT
- 55G CARBS
- 45G NET CARBS
- 39G PROTEIN

MACROS (PER SERVING)

- 571 CALORIES
- 11G FAT
- 78G CARBS
- 48G NET CARBS
- 69G PROTEIN



MINT CHOCOLATE COOKIE PROTEIN ICE CREAM

SERVES 1 | PREP 6 MINS | COOK 4 MINS

Mint ice cream blended with mint crème sandwich cookies. What more could you ask for??

INGREDIENTS

480g ice

SPIN 1

84g fat-free milk

140g fat-free Greek yogurt

15 drops or ¼ tsp peppermint extract

4.2g vanilla extract

12 drops green food coloring (optional)

1g salt

SPIN 2

10g Oreo® instant pudding mix

1g xanthan gum

1g guar gum

62g PEScience Gourmet Vanilla protein powder

30g granulated erythritol

MIX-INS

4 Mint Oreo Thins®, crushed

7g Dark Chocolate Hershey Kisses®, grated

DIRECTIONS

1. Crush Oreo Thins® into your preferred chunks and grate chocolate on small-holed side of grater.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ Mix-ins, and stir together.
8. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

E4C1
Exercise4CheatMeals

SALTED CARAMEL FUDGE BROWNIE PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

400g ice

SPIN 1

90g fat-free milk

90g fat-free Greek yogurt

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

38g PEScience Gourmet Vanilla protein powder

18g granulated erythritol

MIX-INS

2 Toffee Crunch Oreos®

1 brownie bite (85 Cal)

TOPPING

12g sea salt caramel sauce

Dash sea salt

DIRECTIONS

1. Chop up Oreos® and the brownie bite and put to the side.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ Mix-ins, and fold in.
8. Transfer to desired drinking container, top with the rest of the Mix-ins and toppings, and enjoy!

MACROS

- 523 CALORIES
- 12G FAT
- 72G CARBS
- 54G NET CARBS
- 45G PROTEIN

TIP: For an even better eating experience, after step 7, line a large glass with the sea salt caramel. Then sprinkle some of the Mix-ins into the glass which will stick directly onto the caramel. Pour the ice cream into your glass, top with remaining caramel and Mix-ins, and continually get bites filled with caramel, Oreo®, and brownie as you eat your way down the glass.

E4C
Exercise4CheatMeals

S'MORES PROTEIN ICE CREAM

SERVES 1 | PREP 10 MINS | COOK 4 MINS

INGREDIENTS

480g ice

SPIN 1

84g fat-free milk

60g fat-free Greek yogurt

2.1g vanilla extract

1.5g salt

6 large marshmallows (150 Cal)

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

40g PEScience Gourmet Vanilla protein powder

18g granulated erythritol

MIX-INS

15g graham crackers

DIRECTIONS

1. Chop graham crackers
2. Place marshmallows in an even line on a lightly oiled sheet pan and put underneath the broiler for 45 seconds to a minute or until browned to your preference.
   - CAUTION: Do not leave the oven unattended, you must watch this process. This can easily start on fire if just left under the broiler for an extended period of time.
3. Add ice to blender and blend for 1 minute on high.
4. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
6. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
7. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
8. Take blade out, add ¾ Mix-ins, and stir together.
9. Transfer to desired drinking container, top with remaining graham crackers and EAT!

MACROS

460 CALORIES
3G FAT
80G CARBS
62G NET CARBS
44G PROTEIN

E4C1
Exercise4CheatMeals

COTTON CANDY PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

460g ice

SPIN 1

70g 1% milk

40g Cotton Candy Skinny Syrup®

4.2g vanilla extract

22g sugar-free whipped topping

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g xanthan gum

1g guar gum

55g PEScience Gourmet Vanilla protein powder

15g granulated erythritol

MIX-INS

14g cotton candy

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Add cotton candy to the top and stir in with a spatula.
7. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 384 CALORIES
- 6G FAT
- 50G CARBS
- 35G NET CARBS
- 46G PROTEIN

E4CM
Exercise4CheatMeals

OATMEAL CRÈME PIE PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

420g ice

SPIN 1

75g fat-free milk

75g fat-free Greek yogurt

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g xanthan gum

1g guar gum

31g PEScience Snickerdoodle protein powder

9g brown sugar erythritol

9g granulated erythritol

1g ground cinnamon

MIX-INS

1 Little Debbie® oatmeal creme pie

14g mini marshmallows

DIRECTIONS

1. Break creme pie into bite-sized chunks.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ Mix-ins, and stir together.
8. Transfer to desired drinking container, top with remaining Mix-ins, and EAT!

MACROS

- 432 CALORIES
- 9G FAT
- 60G CARBS
- 51G NET CARBS
- 38G PROTEIN

Exercise4CheatMeals

HAZELNUT PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

500g ice

SPIN 1

90g fat-free milk

90g fat-free Greek yogurt

5g vanilla extract

5g hazelnut extract

2g salt

SPIN 2

7g sugar-free white chocolate instant pudding mix

1g xanthan gum

1g guar gum

46.5g Gorilla Mode Vanilla Ice Cream protein powder

35g granulated erythritol

MIX-INS/TOPPINGS

32g Nutella®

4g hazelnuts, chopped

DIRECTIONS

1. Chop hazelnuts and heat Nutella® for 20 seconds in the microwave.
2. Drizzle Nutella® all over the inside of a large cup, but leave 5-6 grams for topping later.
3. Sprinkle ¾ of the hazelnuts inside the cup, making sure the nuts are evenly dispersed.
4. Add ice to blender and blend for 1 minute.
5. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
7. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
8. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
9. Take blade out, pour ice cream into the Nutella®-lined cup, add remaining toppings, and enjoy.

MACROS

- 492 CALORIES
- 15G FAT
- 74G CARBS
- 39G NET CARBS
- 48G PROTEIN

Exercise4CheatMeals

CARAMEL PUMPKIN SPICE PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

BLENDER

480g ice

SPIN 1

122g pure pumpkin

50g fat-free Greek yogurt

112g fat-free milk

4.2g vanilla extract

SPIN 2

7g sugar-free cheesecake instant pudding mix

1g guar gum

1g xanthan gum

3g pumpkin pie spice

62g PEScience Snickerdoodle protein powder

20g granulated erythritol

MIX-INS

25g caramel syrup

35g fat-free whipped cream

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Take blade out, add 15g caramel, and fold in with a spatula.
7. Transfer to desired drinking container, top with whipped cream and remaining caramel, and enjoy!

MACROS

- 505 CALORIES
- 6G FAT
- 69G CARBS
- 49G NET CARBS
- 61G PROTEIN

E4C1
Exercise4CheatMeals

COOKIE DOUGH PROTEIN ICE CREAM

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

400g ice

SPIN 1

18g sugar-free whipped topping

130g fat-free Greek yogurt

84g fat-free milk

4.2g vanilla extract

1.5g salt

SPIN 2

7g sugar-free white chocolate instant pudding mix

1g xanthan gum

1g guar gum

31g PEScience Gourmet Vanilla protein powder

15g granulated erythritol

MIX-INS

2 Hershey Kisses®, grated

60g **CHOCOLATE CHIP COOKIE DOUGH**

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute on high.
6. While blending, grate Hershey Kisses®.
7. Take blender stick out, add Hershey Kisses® to the blender, and mix in with a spatula.
8. Add 3-4 small chunks of cookie dough to the blender and gently fold in. Repeat until 60g of cookie dough has been added.
9. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 501 CALORIES
- 12G FAT
- 60G CARBS
- 41G NET CARBS
- 55G PROTEIN

TIP: For a more aesthetic milkshake, line the drinking container with a third of the cookie dough, mix in a third of the cookie dough, and top with a third of the cookie dough.

OREO
E4C
Exercise4CheatMeals

LEMON PROTEIN ICE CREAM

SERVES 1 | PREP 12 MINS | COOK 4 MINS

INGREDIENTS

420g Ice

SPIN 1

56g fat-free milk

106g fat-free Greek yogurt

50g lemon juice

2g lemon zest

4.2g vanilla extract

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

62g PEScience Gourmet Vanilla protein powder

30g granulated erythritol

MIX-INS

4 Lemon Oreo Thins®, crushed

DIRECTIONS

1. Zest the lemon, juice the lemon, and crush Oreos®.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ of the Mix-ins, and stir together.
8. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 506 CALORIES
- 9G FAT
- 72G CARBS
- 42G NET CARBS
- 64G PROTEIN

E4C
Exercise4CheatMeals

PEANUT BUTTER CUP MILKSHAKE

SERVES 1 | PREP 6 MINS | COOK 4 MINS

INGREDIENTS

460g ice

SPIN 1

120g fat-free milk

140g fat-free Greek yogurt

1g salt

SPIN 2

7g sugar-free chocolate fudge instant pudding mix

1g xanthan gum

1g guar gum

20g powdered peanut butter

5g unsweetened cocoa powder

41g PEScience Chocolate Peanut Butter Cup protein powder

30g granulated erythritol

MIX-INS

8g peanut butter

2 Reese's Thins®, chopped

DIRECTIONS

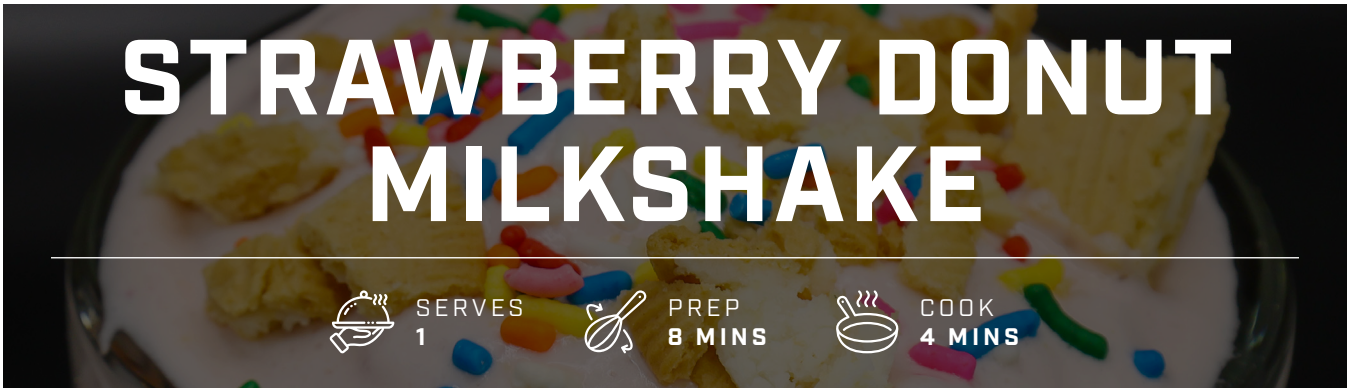
1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
5. While blending, chop up Reese's Thins® into desired chunks and microwave peanut butter in small bowl for 30 seconds.
6. Take blade out, add ½ the Mix-ins, and fold in.
7. Top the milkshake with the rest of the Mix-ins and eat right out of the blender or pour into a cup and enjoy!

MACROS

- 558 CALORIES
- 16G FAT
- 69G CARBS
- 39G NET CARBS
- 67G PROTEIN

TIP: Leave Reese's® in the freezer to make them easier to chop when ready to make a shake. This will also slow the melting process of the milkshake so you can enjoy for longer.

E4C1
Exercise4CheatMeals



STRAWBERRY DONUT MILKSHAKE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

360g ice

SPIN 1

100g frozen strawberries

84g fat-free milk

150g fat-free Greek yogurt

6g strawberry extract

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g xanthan gum

1g guar gum

40g PEScience Gourmet Vanilla protein powder

20g granulated erythritol

MIX-INS

6g sprinkles

2 Strawberry Frosted Donut Oreos®, chopped OR 4 Vanilla Oreo Thins®, chopped

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Take blade out, add ¾ Mix-ins, and stir together.
7. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 513 CALORIES
- 10G FAT
- 70G CARBS
- 50G NET CARBS
- 52G PROTEIN

TIP: You can use pre-packaged frozen strawberries or buy your own from the store. If you buy fresh from the produce sections just cut off the stem of the strawberries and add them to a plastic bag. They should be frozen and ready to go in just a few hours.

TIP: If you want an even deeper strawberry flavor, substitute some of the ice for frozen strawberries. Just make sure you account for any changes in your calorie tracking. Also, depending on the freshness and sweetness of your strawberries you may need to add more or less granulated erythritol.

Exercise4CheatMeals

BIRTHDAY CAKE MILKSHAKE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

440g ice

SPIN 1

84g fat-free milk

100g fat-free Greek yogurt

4.2g vanilla extract

4g cake batter extract

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

47g PEScience Cake Pop protein powder

30g granulated erythritol

MIX-INS

3 Little Bites® party cake muffins, chopped

6g sprinkles

DIRECTIONS

1. Chop muffins.
2. Add ice to blender and blend for 1 minute on high.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute on high.
7. Take blade out, add ¾ of the Mix-ins and stir together.
8. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 464 CALORIES
- 10G FAT
- 70G CARBS
- 40G NET CARBS
- 52G PROTEIN

E4C1
Exercise4CheatMeals

PEPPERMINT CHIP MILKSHAKE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

440g ice

SPIN 1

160g 1% milk

140g fat-free Greek yogurt

4.2g vanilla extract

8 drops peppermint extract

6 drops red food coloring

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g xanthan gum

1g guar gum

38g PEScience Gourmet Vanilla protein powder

28g granulated erythritol

MIX-INS/TOPPINGS

30g fat-free whipped topping

1 maraschino cherry

2 Ghirardelli® peppermint bark squares, chopped

MACROS

- 507 CALORIES
- 13G FAT
- 68G CARBS
- 40G NET CARBS
- 55G PROTEIN

DIRECTIONS

1. Add ice to blender and blend for 1 minute.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of the blender, and replace blade.
6. Add peppermint bark squares and blend for 1 minute.
7. Top with whipped cream and cherry and enjoy!

E4C
Exercise4CheatMeals

CHOCOLATE CHIP COOKIE FREEZE

SERVES 1 | PREP 8 MINS | COOK 15 MINS

INGREDIENTS

420g ice

SPIN 1

65g fat-free milk

65g fat-free Greek yogurt

4.2g vanilla extract

18g sugar-free whipped topping

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

31g PEScience Gourmet Vanilla protein powder

20g granulated erythritol

MIX-INS

50g **CHOCOLATE CHIP COOKIE DOUGH** (refrigerated)

25g Nestle Toll House® cookies (baked, then frozen)

DIRECTIONS

1. Bake cookies, chop them into bite sized chunks, and throw them in the freezer at least an hour before you want to eat.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Get Mix-ins, take blade out, put spatula in the corner of the blender, and push ice cream out of the corner to create a tunnel to the bottom of the blender.
8. Add a layer of cookies into the blender tunnel, followed by a layer of cookie dough, and repeat until Mix-ins are gone.
9. After putting blade back into blender, pulse 15 times (yes precisely 15) to make sure Mix-ins are dispersed evenly throughout cream.
10. Pop the top off, take the blade out, and ENJOY.

MACROS

- 497 CALORIES
- 13G FAT
- 67G CARBS
- 47G NET CARBS
- 45G PROTEIN

TIP: For a more aesthetic freeze along with cookie dough bites throughout, line the drinking container with a third of the cookie dough, add some of the chopped cookies, and mix in the remaining cookie dough/cookie pieces.

Exercise4CheatMeals
MACROS
489 CALORIES
12G FAT
68G CARBS
48G NET CARBS
45G PROTEIN

ANIMAL CRACKER FREEZE

SERVES 1 | PREP 15 MINS | COOK 4 MINS

INGREDIENTS

HOMEMADE FROSTING

226g sugar-free whipped topping
10g sugar-free vanilla instant pudding mix
4.2g vanilla extract
6 drops red food coloring

ANIMAL CRACKER FREEZE

460g Ice

SPIN 1

70g fat-free milk
80g fat-free Greek yogurt
18g sugar-free whipped topping
4.2g vanilla extract
1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix
1g xanthan gum
1g guar gum
40g PEScience Gourmet Vanilla protein powder
20g granulated erythritol

MIX-INS/TOPPINGS

24g animal crackers, chopped
30g Homemade Frosting

DIRECTIONS

1. Using a hand mixer, mix 226g whipped topping for one minute.
2. Add all other Homemade Frosting ingredients and mix for an additional 5 minutes or until a thick frosting consistency forms.
3. Chop animal crackers into your preferred size pieces.
4. Add ice to blender and blend for 1 minute on high.
5. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
7. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
8. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
9. Take blade out, add ½ the animal crackers, and stir into the freeze.
10. Top with remaining animal crackers and frosting.
11. EAT.

TIP: If you want the cream to look more aesthetic put a gallon bag in a cup, add frosting to it, cut the tip of the bag off, and pipe the frosting on top of your freeze.

E4C
Exercise4CheatMeals

MINT COOKIE FREEZE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

460g ice

SPIN 1

65g fat-free milk

80g fat-free Greek yogurt

4.2g vanilla extract

14g creme de menthe syrup

18g sugar-free whipped topping

1g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

40g PEScience Gourmet Vanilla protein powder

20g granulated erythritol

MIX-INS

29g Grasshoppers® or Thin Mints®, chopped

DIRECTIONS

1. Chop up Mix-ins.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ Mix-ins, and stir together.
8. Transfer to desired drinking container, top with the rest of the Mix-ins, and enjoy!

MACROS

- 490 CALORIES
- 11G FAT
- 71G CARBS
- 51G NET CARBS
- 44G PROTEIN

EAC
Exercise4CheatMeals

PECAN PIE FREEZE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

INGREDIENTS

480g ice

SPIN 1

120g fat-free milk

120g fat-free Greek yogurt

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

38g PEScience Gourmet Vanilla protein powder

25g granulated erythritol

MIX-INS

31g Candied Pecans, chopped

18g Salerno's® butter cookies, chopped

23g caramel sauce

DIRECTIONS

1. Chop pecans and butter cookies.
2. Add ice to blender and blend for 1 minute.
3. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
4. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
5. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
6. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
7. Take blade out, add ¾ the pecans and butter cookies, and stir together.
8. Get caramel, put spatula in the corner of the blender, and push ice cream out of the corner using the spatula to create a tunnel to the bottom of the blender.
9. Add caramel from the bottom to the top.
10. Fold in caramel, top with remaining Mix-ins, and enjoy!

MACROS

- 594 CALORIES
- 21G FAT
- 78G CARBS
- 53G NET CARBS
- 53G PROTEIN

TIP: For a more aesthetic freeze, line the inside of a large glass with ¾ of the caramel after step 7 and immediately pour it into the glass. Top with the remaining Mix-ins and caramel and enjoy!

E4C1
Exercise4CheatMeals

STRAWBERRY SOFT SERVE

SERVES 1 | PREP 8 MINS | COOK 4 MINS

This soft serve takes like summer and sunshine; so damn good that I made it a year-round treat.

INGREDIENTS

470g ice

SPIN 1

110g fat-free milk

40g Torani® strawberry puree

4.2g vanilla extract

2g salt

SPIN 2

7g sugar-free vanilla instant pudding mix

1g guar gum

1g xanthan gum

40g PEScience Gourmet Vanilla protein powder

25g granulated erythritol

DIRECTIONS

1. Add ice to blender and blend for 1 minute on high.
2. Add Spin 1 ingredients to blender in the order listed and blend for 1 minute on high.
3. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, and replace blade.
4. Add Spin 2 ingredients to blender in the order listed and blend for 1 minute on high.
5. Take blade out, mix everything around with a spatula, scrape off any dry ingredients stuck on the walls of blender, replace blade, and blend for 1 more minute.
6. Take blade out, pour into a glass, and enjoy.

MACROS

- 388 CALORIES
- 2G FAT
- 78G CARBS
- 53G NET CARBS
- 37G PROTEIN

Do you want the good news or the bad news?

The bad news: You need to own a Ninja CREAMi® to make these recipes and it takes an initial investment of about $200 to get one.

The good news: The CREAMi® makes low-calorie ice creams that are way better than any low-calorie ice cream you can get at the grocery store for a quarter of the price. If you buy pints of ice cream on a regular basis, the machine will pay for itself in less than a year. Additionally, I plan to continue developing new recipes utilizing the CREAMi® for the foreseeable future.

And no I am not sponsored. This machine is just a game changer.

ICE CREAM

PINTS

VANILLA BASE "GOOD"

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

240g 1% milk

200g unsweetened almond milk

5g vanilla extract

DRY

45g granulated erythritol

1g salt

1g xanthan gum

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Once the first spin is finished, load pint right back up for a re-spin.
8. Adjust creaminess with an additional re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS

- 143 CALORIES
- 5G FAT
- 53G CARBS
- 8G NET CARBS
- 14G PROTEIN

VANILLA BASE "BETTER"

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

440g 1% milk

5g vanilla extract

DRY

45g granulated erythritol

1g salt

1g xanthan gum

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Once the first spin is finished, load pint right back up for a re-spin.
8. Adjust creaminess with an additional re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS

- 201 CALORIES
- 4G FAT
- 57G CARBS
- 12G NET CARBS
- 24G PROTEIN

VANILLA BASE "BEST"

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

430g 2% milk

1 egg yolk

4g vanilla extract

½ vanilla bean pod

DRY

45g granulated erythritol

1g salt

1g xanthan gum

DIRECTIONS

1. Using a knife, cut a vanilla bean pod down the middle, scrape the beans of half of the pod, and add to a high sided container.
2. Add milk, vanilla extract, and an egg yolk to the container.
3. In a small bowl, add Dry Ingredients and whisk together.
4. Put an immersion blender in the bottom of the container and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the container.
5. Once all Dry Ingredients have dissolved, continue blending for 90 seconds.
6. Add the liquid to a pint, put the top on, and freeze for 24 hours.
7. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the ice cream button.
8. Once the first spin is finished, load pint right back up for a re-spin.
9. Adjust creaminess with an additional re-spin if necessary.
10. Grab a spoon and enjoy.

MACROS

- 285 CALORIES
- 13G FAT
- 58G CARBS
- 13G NET CARBS
- 26G PROTEIN

CHOCOLATE BASE "GOOD"

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

280g unsweetened almond milk

2.1g vanilla extract

DRY

50g granulated erythritol

8g cocoa powder

1g salt

1g xanthan gum

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the light ice cream button.
7. Once the first spin is finished, load pint right back up and hit the mix-in setting.
   - For a soft serve like consistency, run the re-spin setting instead.
8. Adjust creaminess with an additional mix-in/re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS

- 143 CALORIES
- 6G FAT
- 56G CARBS
- 6G NET CARBS
- 11G PROTEIN

CHOCOLATE BASE "BETTER"

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

440g 1% milk

2.1g vanilla extract

DRY

50g granulated erythritol

8g cocoa powder

1g salt

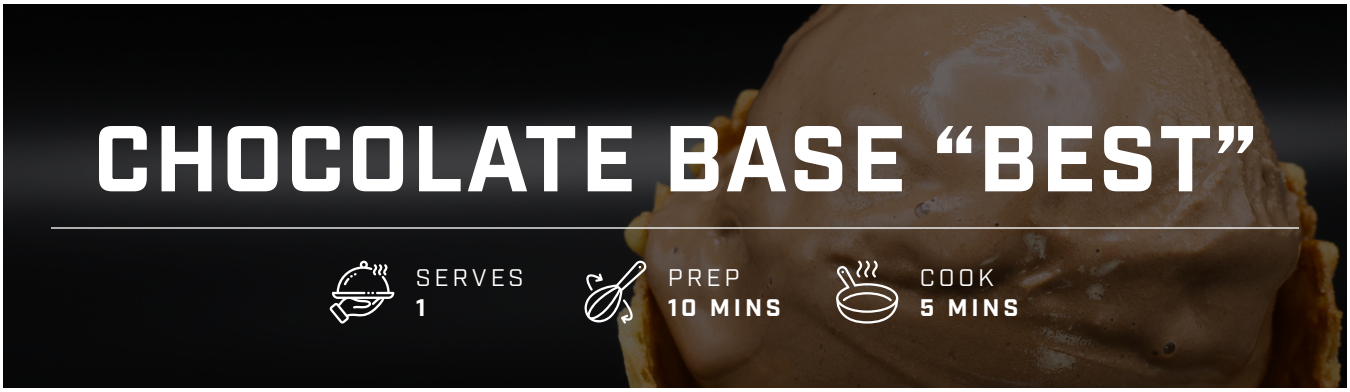
1g xanthan gum

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the light ice cream button.
7. Once the first spin is finished, load pint right back up and hit the mix-in setting.
   - For a soft serve like consistency, run the re-spin setting instead.
8. Adjust creaminess with an additional mix-in/re-spin if necessary.
9. Grab a spoon and enjoy.

MACROS

- 225 CALORIES
- 6G FAT
- 62G CARBS
- 12G NET CARBS
- 25G PROTEIN



CHOCOLATE BASE "BEST"

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

WET

410g 1% milk

1 egg yolk

2.1g vanilla extract

14g semi-sweet chocolate, melted

DRY

50g granulated erythritol

10g cocoa powder

1g salt

1g xanthan gum

DIRECTIONS

1. Pour milk, an egg yolk, and vanilla extract into a high sided container and mix for 30 seconds using an immersion blender.
2. In a small bowl, add Dry Ingredients and mix to combine.
3. Microwave the wet ingredients for 30-60 seconds or until they reach 80-90°F and stir using a spoon.
4. Add chocolate to a small bowl and microwave for 45-60 seconds or until melted. Put on a glove and stir with a rubber spatula.
5. Add melted chocolate to the wet ingredients and mix for 30 seconds.
   - Do this as quickly as possible. We want to make sure the chocolate stays melted and fully mixes into the milk mixture.
6. While blending, slowly add your Dry Ingredients into the container.
7. Once all Dry Ingredients have dissolved, continue blending for 90 seconds.
8. Add the liquid to a pint, put the top on, and freeze for 36 hours.
   - As an added precaution, you can strain the liquid while pouring it into the pint to ensure that no solid particles are introduced into the container.
9. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the light ice cream button.
10. Once the first spin is finished, load pint right back up and hit the mix-in setting.
    - For a soft serve like consistency, run the re-spin setting instead.
11. Adjust creaminess with an additional mix-in/re-spin if necessary.
12. Grab a spoon and enjoy.

MACROS

345 CALORIES
14G FAT
71G CARBS
21G NET CARBS
28G PROTEIN

OREO

COOKIES & CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

410g fat-free milk

1 Oreo®

4.2g vanilla extract

DRY

35.6g Gorilla Mode Cookies & Cream protein

10g granulated erythritol

4g black cocoa powder

.5g salt

.5g xanthan gum

MIX-INS

2 Oreos®, frozen

1 Oreo®, chopped

DIRECTIONS

1. Pour milk into a high sided container, dunk an Oreo® for 15-20 seconds, and add the wet cookie to a plastic bag. Repeat, seal the plastic bag, and freeze.
2. Add an Oreo® and vanilla extract to the container.
3. In a measuring cup, add Dry Ingredients and whisk together.
4. Using an immersion blender, start blending the Wet Ingredients together. Slowly add the Dry Ingredients into the middle of the pint.
5. Once all Dry Ingredients have dissolved, continue blending for 90 seconds.
6. Put the top on the pint and freeze for 24 hours.
7. Take the frozen pint, run it under hot water for 1 minute, load it into the CREAMi®, and hit the sorbet button.
8. Once the first spin is finished, make a hole near the side of the pint about 1" in diameter.
9. Chop the frozen Oreos® in half and fill the hole.
10. Add the ice cream that was taken out back on top, load it into the CREAMi®, and hit the mix-in function.
11. Chop up a fresh Oreo® and top cream with cookie crumbles.
12. Eat.

MACROS

- 512 CALORIES
- 12G FAT
- 61G CARBS
- 51G NET CARBS
- 49G PROTEIN

FRUITY CRISPS ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

265g unsweetened almond milk

4.2g vanilla extract

15g Fruity Pebbles® syrup

DRY

40g granulated erythritol

1g salt

1g xanthan gum

MIX-INS

9g Fruity Pebbles® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Fruity Pebbles® cereal into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

- 205 CALORIES
- 5G FAT
- 67G CARBS
- 27G NET CARBS
- 10G PROTEIN

CRUNCHY CINNAMON SQUARES ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

280g unsweetened almond milk

4.2g vanilla extract

DRY

50g granulated erythritol

1.5g ground cinnamon

1g salt

1g xanthan gum

MIX-INS

10g Cinnamon Toast Crunch® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Cinnamon Toast Crunch® into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

162 CALORIES
5G FAT
66G CARBS
16G NET CARBS
10G PROTEIN

MARSHMALLOWS + CRISPS ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

280g unsweetened almond milk

4.2g vanilla extract

DRY

45g granulated erythritol

1g salt

1g xanthan gum

MIX-INS

11g Lucky Charms® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Lucky Charms® into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

- 160 CALORIES
- 5G FAT
- 61G CARBS
- 16G NET CARBS
- 11G PROTEIN

PEANUT BUTTER PUFFS ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g fat-free milk

280g unsweetened almond milk

4.2g vanilla extract

DRY

45g granulated erythritol

1.5g salt

1g xanthan gum

8g powdered peanut butter

MIX-INS

8g Reese's Puffs® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Reese's Puffs® into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

- 170 CALORIES
- 5G FAT
- 60G CARBS
- 15G NET CARBS
- 14G PROTEIN

COOKIES N' CRUNCH ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

280g unsweetened almond milk

2.1g vanilla extract

DRY

50g granulated erythritol

1g salt

1g xanthan gum

8g black cocoa powder

MIX-INS

10g Oreo O's® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Oreo O's® into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

- 169 CALORIES
- 6G FAT
- 69G CARBS
- 19G NET CARBS
- 11G PROTEIN

TIP: Want to take this cream to the next level? Add 10g of mini marshmallows (+34 calories) to your Mix-ins and layer them into the middle of the pint before loading it back up for the mix-in setting.

COCOA CRISPS ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

160g 1% milk

280g unsweetened almond milk

DRY

50g granulated erythritol

1g salt

1g xanthan gum

8g dutch-processed cocoa powder

MIX-INS

10g Cocoa Pebbles® cereal

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 40 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Get Mix-ins ready and once the first spin is finished, load pint right back up for a re-spin.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Cocoa Pebbles® into the middle.
   - PRO TIP: Leave a couple grams of cereal on the side to top your pint with when it is finished.
9. Load the pint back up, press the mix-in setting, and you now have a cream that is ready to eat.

MACROS

- 176 CALORIES
- 6G FAT
- 64G CARBS
- 14G NET CARBS
- 12G PROTEIN

TIP: Add 1-2 drops of coffee extract to the Wet Ingredients to get an even deeper and more satisfying chocolate flavor.

APPLE PIE ICE CREAM

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

WET

410g 1% milk

4.2g vanilla extract

1 egg yolk (or 20g extra milk)

DRY

20g PEScience Snickerdoodle protein powder

40g granulated erythritol

1g apple pie spice

1g salt

1g xanthan gum

MIX-INS

12g Apple Toast Crunch® cereal

20g apple, peeled and diced

Pinch granulated erythritol

Pinch ground cinnamon

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl, add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the ice cream button.
7. While the pint is being mixed, peel and dice ⅓ of an apple.
8. Top with erythritol and cinnamon and mix into the pieces of apple until evenly distributed.
9. Once the first spin is finished, load pint right back up for a re-spin.
10. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Mix-ins into the middle by adding a layer of apple followed by a layer of cereal.
    - PRO TIP: Leave a couple grams of Mix-ins to the side to top your pint with when it is finished.
11. Load the pint back up, press the mix-in setting, and enjoy some apple pie.

MACROS

375 CALORIES
11G FAT
68G CARBS
26G NET CARBS
41G PROTEIN

EGGNOG ICE CREAM

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

WET

290g 1% milk

120g almond milk eggnog

4.2g vanilla extract

1 egg yolk (or 20g extra milk)

DRY

20g PEScience Gourmet Vanilla protein powder

40g granulated erythritol

1g ground cinnamon

1g salt

1g xanthan gum

Dash nutmeg

DIRECTIONS

1. Pour Wet Ingredients directly into the pint.
2. In a small bowl add Dry Ingredients and whisk together.
3. Put a small hand blender into the bottom of your pint and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the middle of the pint.
4. Once all Dry Ingredients have dissolved in the pint, continue blending for 90 seconds.
5. Put the top on the pint and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the ice cream button.
7. Once the first spin is finished, load pint right back up for a re-spin.
8. Load the pint back up, press the mix-in setting, and you now have eggnog ice cream for a fraction of the calories.

MACROS

342 CALORIES

10G FAT

66G CARBS

26G NET CARBS

35G PROTEIN

CHERRY CHOCOLATE CHUNK

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

WET

20g cherry juice, jarred

380g 2% milk

2 egg yolks

4.2g vanilla extract

DRY

16g PEScience Gourmet Vanilla protein

40g granulated erythritol

.5g salt

.8g xanthan gum

MIX-INS

5 bing cherries, jarred

14g dark chocolate

DIRECTIONS

1. Add Wet Ingredients into a high sided container.
2. In a measuring cup, add Dry Ingredients and whisk together.
3. Put an immersion blender in the bottom of the container and start blending the Wet Ingredients together. Slowly add your Dry Ingredients into the container.
4. Once all Dry Ingredients have dissolved, continue blending for 90 seconds.
5. Add the liquid to a pint, put the top on, and freeze for 24 hours.
6. Take the frozen pint, run it under hot water for 60 seconds, load it into the CREAMi®, and hit the sorbet button.
7. While mixing, chop chocolate into 1/8" chunks and press cherries into paper towels to remove excess liquid.
8. Using a butter knife, make a hole in the middle of the pint about 1" in diameter, pull the ice cream out, and load the Mix-ins up by adding a layer of chocolate followed by a layer of cherries. Repeat layering until all Mix-ins are added.
9. Place the previously removed ice cream into the pint, reload the pint, and press the mix-in setting.
10. Grab a spoon and enjoy.

MACROS

- 497 CALORIES
- 22G FAT
- 78G CARBS
- 38G NET CARBS
- 39G PROTEIN

TIP: You can deseed, juice, and strain your own cherries in place of the jarred cherries and cherry juice. Also, you can make a homemade version of jarred cherries. Please refer to the recipe video for more detailed information.

FRUIT

SORBETS

WATERMELON SORBET

SERVES 1 | PREP 15 MINS | COOK 5 MINS

INGREDIENTS

1 seedless watermelon

PINT INGREDIENTS

330g seedless watermelon
110g water
20g granulated erythritol
0.5g salt

DIRECTIONS

1. Wash and dry the outside of the watermelon and put it on the biggest cutting board you have.
2. Cut the ends off the watermelon, trying to make sure to cut off as little of the pink part as possible, then cut the watermelon in half.
3. Put half of the watermelon off to the side and the other half cut side down on the cutting board.
4. Cut where the pink meets the white (the rind) and try to follow that all the way down.
5. Go around the entire watermelon until there is no more rind remaining, but if a little rind remains, that is okay.
6. Cube the red flesh of the watermelon and set aside.
7. Repeat steps 3-6 for the other half of the watermelon.
8. Load blender up, blend for 30 seconds or until watermelon is broken down, put into storage containers, and repeat until the entire watermelon has been pureed.
9. Directly into a pint add Pint Ingredients and using a handheld blender, mix for 30 seconds.
10. Put the top on the pint and freeze for 24 hours.
11. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
12. Run pint on the sorbet function and directly after on the re-spin function.
13. Unload the pint and using a spoon, push the contents of the CREAMi® down, smooth and level the surface, load it back up, and hit the re-spin button.
14. A perfect sorbet consistency has now been achieved and it is time to eat.

MACROS (PER SERVING)

- 99 CALORIES
- 0G FAT
- 46G CARBS
- 26G NET CARBS
- 3G PROTEIN

TIP: Instead of blending every gram of watermelon, put some chunks in containers to have as a quick snack or great pre-workout meal.

TIP: You can buy pre-cut fruit to make the first part of this process go much faster, but it will also be much more expensive to do so. In addition, after you cut and puree the watermelon you will have enough for 10+ sorbets, so it's worth putting the extra work in.

STRAWBERRY SORBET

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

1lb strawberries

PINT INGREDIENTS

300g strawberries
130g water
20g granulated erythritol
0.5g salt

DIRECTIONS

1. Rinse strawberries under water and cut off the stems.
2. Add Pint Ingredients into the pint and using an immersion blender crush strawberries and mix for 60-90 seconds or until everything is smooth.
3. Put the top on the pint and freeze for 24 hours.
4. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
5. Run pint on the sorbet function and directly after on the re-spin function.
6. A perfect sorbet consistency has now been achieved and it is time to eat.

MACROS

- 96 CALORIES
- 0G FAT
- 44G CARBS
- 24G NET CARBS
- 3G PROTEIN

TIP: If you don't have an immersion blender, you can use a food processor or regular blender to break down the strawberries.

TIP: If you want a more ice cream-like consistency, unload the pint after the re-spin and using a spoon, push the contents of the CREAMi® down, smooth and level the surface, and re-spin for a second time.

CANTALOUPE SORBET

SERVES 1 | PREP 15 MINS | COOK 5 MINS

INGREDIENTS

1 cantaloupe

PINT INGREDIENTS

300g cantaloupe
160g water
20g granulated erythritol
0.5g salt

DIRECTIONS

1. Wash and dry the outside of the cantaloupe, cut the ends off the cantaloupe, trying to make sure to cut off as little of the orange part as possible, then cut in half.
2. Remove the seeds, put half of the cantaloupe off to the side, and place the other half cut side down on the cutting board.
3. Cut where the orange meets the green (the rind) and try to follow that all the way down.
4. Go around the entire cantaloupe until there is no more rind remaining, but if a little rind remains, that is okay. Cube the orange flesh of the cantaloupe and set aside.
5. Repeat steps 3-6 for the other half of the cantaloupe.
6. Load the blender up with the chunks of cantaloupe, blend for 30 seconds or until pureed, put into storage containers, and repeat with any remaining cantaloupe.
7. Directly into a pint add Pint Ingredients and using a handheld blender, mix for 30 seconds.
8. Put the top on the pint and freeze for 24 hours.
9. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
10. Run pint on the sorbet function and directly after on the re-spin function.
11. Unload the pint and using a spoon push the contents of the CREAMi® down, smooth and level the surface, load it back up, and hit the re-spin button.
12. A perfect sorbet consistency has now been achieved and it is time to eat.

MACROS (PER SERVING)

- 102 CALORIES
- 0G FAT
- 44G CARBS
- 24G NET CARBS
- 3G PROTEIN

RASPBERRY SORBET

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

230g raspberries
210g water
40g granulated erythritol
.5g salt

DIRECTIONS

1. Rinse raspberries and add them to a high sided container along with all other ingredients.
2. Using an immersion blender, mix the ingredients for 90 seconds.
3. Strain the mixture over the pint and add seeds as desired.
   - Personally, I like either not adding any seeds at all or using ½ the seeds.
4. Put the top on the pint and freeze for 24 hours.
5. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
6. Run pint on the sorbet function and re-spin the pint 1-2 more times for desired consistency.
7. Eat.

MACROS

- 120 CALORIES
- 2G FAT
- 67G CARBS
- 27G NET CARBS
- 3G PROTEIN

GRAPEFRUIT SORBET

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

220g grapefruit
220g water
50g granulated erythritol
.5g salt
.5g xanthan gum
Zest of half grapefruit

DIRECTIONS

1. Zest half of a grapefruit into a high sided container.
2. Juice grapefruit into a medium sized bowl.
3. Strain juice into the container as well as adding any extra pulp. Add water.
4. Into a small bowl, add erythritol, salt, and xanthan gum. Whisk together.
5. Using an immersion blender, start mixing the wet ingredients while slowly adding in the dry ingredients.
6. Once all dry ingredients have dissolved, continue blending for 90 seconds.
7. Add to a pint, put the top on, and freeze for 24 hours.
8. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
9. Run pint on the sorbet function and re-spin the pint 1-2 more times for desired consistency.
10. Eat.

MACROS

- 73 CALORIES
- 0G FAT
- 69G CARBS
- 19G NET CARBS
- 2G PROTEIN

PEACH SORBET

SERVES 1 | PREP 5 MINS | COOK 5 MINS

INGREDIENTS

300g peaches
140g water
30g granulated erythritol
.5g salt

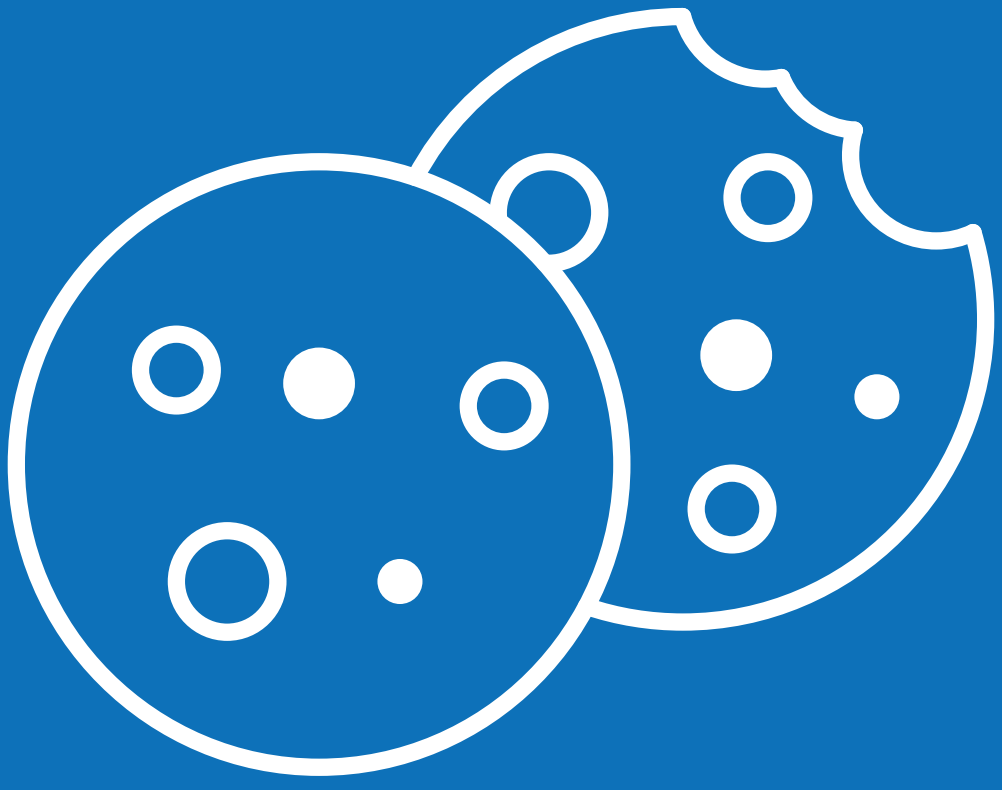
DIRECTIONS

1. Rinse peaches under water, cut around the pit, twist the two halves, and remove the pit.
2. Add all ingredients to a high sided container.
3. Using an immersion blender, mix the ingredients for 90 seconds and add to a pint.
4. Put the top on the pint and freeze for 24 hours.
5. Take the pint out of the freezer, run it under warm water for 60 seconds, dry the pint off, and load it into the CREAMi®.
6. Run pint on the sorbet function and re-spin the pint 1-2 more times for desired consistency.
7. Eat.

MACROS

- 117 CALORIES
- 1G FAT
- 59G CARBS
- 29G NET CARBS
- 3G PROTEIN

COOKIE



DOUGH

CHOCOLATE CHIP COOKIE DOUGH

SERVES 6 | PREP 10 MINS | COOK N/A

INGREDIENTS

DRY

80g all-purpose flour

62g PEScience Gourmet Vanilla protein powder OR
71g Gorilla Mode Vanilla Ice Cream protein powder

1.5g salt

WET

21g unsalted butter

2 eggs

1 egg white

4.2g vanilla extract

24g granulated erythritol

24g brown sugar erythritol

MIX-INS

21g mini chocolate chips

DIRECTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 155°F.
2. Add the rest of the Dry Ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the Wet Ingredients over the butter and whisk until combined.
5. Add the Dry Ingredients to the Wet Ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When mixture becomes too thick for the whisk, switch to a spatula.
6. To ensure everything is well combined, bring mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl. Repeat this process 3-5 times.
7. Add chocolate chips, mix until combined, and put in a container.
8. Enjoy right away or for peak flavor, refrigerate for 24 hours.

MACROS (60G SERVING)

- 156 CALORIES
- 6G FAT
- 17G CARBS
- 13G NET CARBS
- 12G PROTEIN

PEANUT BUTTER COOKIE DOUGH

SERVES 7 | PREP 10 MINS | COOK N/A

INGREDIENTS

DRY

60g all-purpose flour

40g powdered peanut butter

65g PEScience Peanut Butter Cookie protein powder

WET

30g peanut butter

14g unsalted butter

2 eggs

1 egg white

4.2g vanilla extract

28g granulated erythritol

28g brown sugar erythritol

TOPPING

4g peanut butter, melted

DIRECTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 155°F.
2. Add the rest of the Dry Ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the Wet Ingredients over the butter and whisk until combined.
5. Add the Dry Ingredients to the Wet Ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When mixture becomes too thick for the whisk, switch to a spatula.
6. To ensure everything is well combined, bring mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl. Repeat this process 3-5 times.
7. Enjoy right away or for peak flavor, refrigerate for 24 hours.
8. For additional flavor, heat up 4g of peanut butter and drizzle over the top of the cookie dough before eating.

MACROS (60G SERVING)

- 162 CALORIES
- 7G FAT
- 15G CARBS
- 11G NET CARBS
- 14G PROTEIN

SNICKERDOODLE COOKIE DOUGH

SERVES 6 | PREP 10 MINS | COOK N/A

INGREDIENTS

DRY

90g all-purpose flour

72g PEScience Snickerdoodle protein powder

2g ground cinnamon

1.5g salt

WET

28g unsalted butter

2 eggs

1 egg white

4.2g vanilla extract

48g granulated erythritol

TOPPING

4g sugar

0.5g ground cinnamon

DIRECTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 155°F.
2. Add the rest of the Dry Ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the Wet Ingredients over the butter and whisk until combined.
5. Add the Dry Ingredients to the Wet Ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When mixture becomes too thick for the whisk, switch to a spatula.
6. To ensure everything is well combined, bring mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl. Repeat this process 3-5 times.
7. Enjoy right away or for peak flavor, refrigerate for 24 hours.
8. For additional flavor, whisk sugar and ground cinnamon and top dough with mixture right before eating.

MACROS (60G SERVING)

- 153 CALORIES
- 6G FAT
- 20G CARBS
- 12G NET CARBS
- 13G PROTEIN

COOKIES N' CREAM COOKIE DOUGH

SERVES 8 | PREP 10 MINS | COOK N/A

INGREDIENTS

DRY

90g all-purpose flour

40g black cocoa powder

71g Gorilla Mind Vanilla Ice Cream protein powder OR 67g PEScience Frosted Chocolate Cupcake protein powder

1.5g salt

WET

21g unsalted butter

2 eggs

68g egg whites

32g granulated erythritol

32g brown sugar erythritol

4.2g vanilla extract

2g coffee extract

MIX-INS/TOPPING

3 Oreos®, crushed

DIRECTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 160°F.
2. Add the rest of the Dry Ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the Wet Ingredients over the butter and whisk until combined.
5. Add the Dry Ingredients to the Wet Ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When the mixture becomes too thick for a whisk, switch to a spatula.
6. To ensure everything is well combined, bring the mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl, pressing out any clumps. I repeat this process 3-5 times.
7. Add ⅔ of the Oreos®, fold them in, add to a container, and top with the remaining Oreos®.
8. Enjoy right away or for peak flavor refrigerate for 24 hours.

MACROS (60G SERVING)

- 143 CALORIES
- 5G FAT
- 20G CARBS
- 16G NET CARBS
- 10G PROTEIN

BIRTHDAY CAKE COOKIE DOUGH

SERVES 6 | PREP 10 MINS | COOK N/A

INGREDIENTS

DRY

90g all-purpose flour

71g Gorilla Mind Vanilla Ice Cream protein powder OR 62g PEScience Gorumet Vanilla protein powder

1.5g salt

WET

21g unsalted butter

2 eggs

5g cake batter extract

4.2g vanilla extract

42g granulated erythritol

14g brown sugar erythritol

MIX-INS

8g sprinkles

DIRECTIONS

1. Add flour to large bowl and heat it up in the microwave in ten second intervals until it reaches 155°F.
2. Add the rest of the Dry Ingredients to the bowl and whisk thoroughly.
3. In a separate large bowl, microwave butter in ten second intervals until melted.
4. Add the rest of the Wet Ingredients over the butter and whisk until combined.
5. Add the Dry Ingredients to the Wet Ingredients in 3-4 parts and combine using a whisk. Once one part is fully mixed in, add another, and repeat until finished.
   - When the mixture becomes too thick for the whisk, switch to a spatula.
6. To ensure everything is well combined, bring the mixture up the sides of the bowl with the spatula and wipe down the sides of the bowl, pressing out any clumps. Repeat this process 3-5 times.
7. Add sprinkles, mix until combined, and put in a container.
8. Enjoy right away or for peak flavor, refrigerate for 24 hours.

MACROS (60G SERVING)

- 158 CALORIES
- 5G FAT
- 22G CARBS
- 15G NET CARBS
- 12G PROTEIN

SHARE-

ABLES

NICKDONALD'S FRENCH FRIES

SERVES 5 | PREP 40 MINS | COOK 20 MINS

There is nothing like a hot shoestring french fry. Now you can easily make them at home.

INGREDIENTS

1000g russet potatoes, peeled (about ~1200g before peeling)

1200g beef broth

30g sugar

8g oil spray

Salt, to taste

DIRECTIONS

1. Add beef broth and sugar into a large bowl and whisk to combine.
2. Peel potatoes and, using a fry tower cutter, cut the potatoes into shoestring french fry size and add to beef broth mixture.
   - Can also cut the fries by hand into ⅜" x ⅜" pieces to replicate the slim profile of a NickDonalds french fry.
3. Once all fries are added to the beef broth, mix fries around to keep them separated. Make sure all fries are covered with broth and let them marinade for 30 minutes.
4. Drain liquid out of bowl and dry the fries using a salad spinner and/or paper towels.
5. Add a layer of fries to a preheated 400°F air fryer, lightly spray the top of the fries with oil, and repeat layering/oil combination until all fries are added.
6. Cook for 20-25 minutes; tossing every 5-6 minutes.
   - Every time the fries are shaken or tossed, lightly spray them with oil.
7. Take fries out, add salt to taste, and shake them to evenly disperse salt.
8. Split into 5 portions and store them for use as a side dish to other meals throughout the week.
9. To reheat, simply add them to a preheated 400°F air fryer for 3-4 minutes.

MACROS

- 172 CALORIES
- 2G FAT
- 36G CARBS
- 4G PROTEIN

TIP: Make sure you buy broth with ingredients that are as close to pure beef broth as possible. You want to avoid ones that include celery, carrot, onion, and/or garlic powder.

MOZZARELLA STICKS

SERVES 1 | PREP 25 MINS | COOK 5 MINS

INGREDIENTS

6 mozzarella sticks (45 Cal)

DREDGE STATION 1

30g all-purpose flour

DREDGE STATION 2

1 egg

1 egg white

DREDGE STATION 3

100g plain breadcrumbs

10g grated Parmigiano-Reggiano cheese

1g dried parsley

5g salt

4g garlic powder

Dash black pepper

DIRECTIONS

1. Set up dredging stations by adding all Dredge Station Ingredients to three separate containers and mixing until well combined.
2. Add 2 mozzarella sticks to Dredge Station 1, roll around until completely covered, and shake any excess flour off.
3. Add floured sticks to Dredge Station 2 and make sure they are completely covered in egg.
4. Lay mozzarella down in Dredge Station 3 and shake the container side to side to completely cover the sticks.
5. Press breading into the sticks for the most coverage and put back into Dredge Station 2.
6. Completely soak sticks and move back to Dredge Station 3 for one final breading.
7. Place breaded mozzarella sticks off to the side and repeat process until all 6 are done.
8. Add sticks to a preheated 400°F air fryer, make sure they aren't touching, and lightly spray with olive oil on both the top and bottom.
9. Cook for 2 minutes, flip sticks, and cook for another 2 minutes.
10. Plate em', grab some **MARINARA SAUCE**, and enjoy.

MACROS

- 498 CALORIES
- 23G FAT
- 29G CARBS
- 42G PROTEIN

TIP: Keep a close eye on the mozzarella sticks as they will start leaking if cooked for too long.

TIP: Put breaded mozzarella sticks in the freezer for one hour or more to allow the mozzarella sticks to achieve a better browning and crisp in the air fryer.

TACO EGG ROLLS

SERVES 14 | PREP 40 MINS | COOK 30 MINS

INGREDIENTS

EGG ROLL FILLING

(~505g total cooked weight)
5g avocado oil (ground beef)
448g 96% lean ground beef
6g MSG
5g avocado oil
130g onion, diced
5g garlic, minced
3g chili powder
3g cumin
3g coriander
3g smoked paprika
1g black pepper
60g tomato sauce
50g beef broth
3g salt

EGG ROLL

1 egg roll wrap (60 cal)
14g fat-free cheddar cheese, shredded
35g Egg Roll Filling
30g oil (for frying)

MACROS (PER SERVING)

158 CALORIES
4G FAT
15G CARBS
14G PROTEIN

DIRECTIONS

1. Add avocado oil to a preheated pan on medium heat and add ground beef to the pan by crumbling in bite-sized chunks.
2. Add MSG evenly across the beef, break down beef even more using a wooden spatula, and stir constantly until meat is cooked.
3. Set meat aside on a plate or into a container, wipe down pan, place back on the stovetop, and add avocado oil.
4. Add chili powder, cumin, coriander, smoked paprika, and black pepper to a small bowl and mix.
5. Add onions to pan, mix around so oil is spread evenly throughout, and cook 2-3 minutes or until onions become translucent.
6. Make room in the middle of the pan, add garlic, and stir. Make room in the middle of the pan again, add the seasoning mix, let it sit for 20-30 seconds, then add cooked meat into the pan. Mix well.
7. Once combined, add beef broth and tomato sauce, mix together, and turn burner to low to let the mixture simmer for about 10 minutes.
8. Once Egg Roll Filling has reduced, put on a plate, and let it cool for 10-15 minutes.
9. Into a 5 or 6" pan add oil and turn on medium heat.
10. Fill a small bowl with water and set aside. Lay an egg roll wrap on the counter.
11. Into the middle of the egg roll wrap, add cheese and filling, and pack together. Using a brush, dampen a ½-inch square with water on the edge of the wrap.
12. Bring one of the corners of the egg roll wrap over the filling, tuck the inside of the egg roll wrap into the filling, put water on the corners of the wrap, and fold the corners towards the middle. Brush water on the edges of the wrap and roll it up.
    - Making sure the egg roll is tightly wrapped is important because if anything gets out, oil will splatter and it not only makes a mess, but it can burn you.
13. Bring oil in the pan to 375°F. Carefully lay the egg roll corner side down and flip after 2 minutes or when browned.
14. If the sides of the egg roll need to be fried, use tongs and lay egg roll on its side. Repeat for other side if necessary.

TIP: If you want to use the egg roll filling for a different recipe, it works perfectly in the CHEESY GORDITA CRUNCH as well.

MAC AND CHEESE EGG ROLLS

SERVES 4 | PREP 1.5 HRS | COOK 30 MINS

INGREDIENTS

126g Banza® Noodles
4g salt

CHEESE MIX

4 slices fat-free American cheese
2 slices sharp cheddar Velveeta®
56g fat-free cheddar cheese
60g fat-free milk
4g garlic, minced
Dash onion powder
Dash black pepper

EGG ROLL BUILD

4 egg roll wraps (80 cal per wrap)
1 egg white
Oil spray (4 seconds total)

DIRECTIONS

1. Add noodles and salt to boiling water and cook per label instructions, stirring occasionally so noodles do not stick to the bottom of the pot.
2. Drain noodles and save some of the pasta water for later.
3. Add noodles back to pot, put pot back on stovetop, and set burner to low.
4. Add all Cheese Mix ingredients and stir to combine.
   - If necessary, add a spoonful or two of pasta water to successfully melt everything together. The goal is to have a thick mac and cheese so that the egg rolls fry up perfectly in the air fryer without leaking.
5. Separate egg white from the egg yolk into a small bowl and whisk until smooth.
6. Put 4 egg roll wraps on counter and using a brush, spread egg white on outer edges of the wrap. Add mac and cheese as evenly as possible across the center of each wrap.
7. Take the corner of the egg roll and wrap it over the mac and cheese. Try and tuck the triangle portion of the wrap into/under the mac and cheese.
8. Add more egg white to the corners of the wrap and fold in.
9. Add a little more egg white to the tip of the wrap and finish rolling. Make sure egg roll is fully sealed and repeat.
10. Place egg rolls on lightly oiled parchment paper and freeze for one hour.
    - You can cook these right away, but I have found it to be better after freezing.
11. Add egg white to the entire outside of egg rolls, then add to a preheated 400°F air fryer fold side down and spray the top with oil for one second per egg roll.
12. After 3 minutes, flip egg rolls and spray each one with oil for an additional second.
13. Cook for an additional 3-4 minutes, get some low-calorie ranch and ENJOY.

MACROS (PER SERVING)

- 271 CALORIES
- 3G FAT
- 42G CARBS
- 21G PROTEIN

TIP: Make double the egg rolls, pull them from the freezer, and air fry whenever you need a quick snack or meal.

TIP: Use these as an appetizer or as a side to another low-calorie entrée.

DUMPLING FRIED RICE

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

3 dumplings, frozen (125 cal)

10oz bag cauliflower rice, frozen

BOWL 1 (mixed)

15g oyster sauce

25g soy sauce

2g MSG

Dash black pepper

BOWL 2

9g avocado oil

BOWL 3

7g green onion, chopped

BOWL 4

8g garlic, minced

DIRECTIONS

1. Put dumplings in a bowl with 5g of water, cover 95% of the bowl with a lid or plastic wrap, and cook in microwave according to the instructions on the box, and chop dumplings into bite sized pieces.
2. Cook cauliflower rice in the microwave for the time recommended on the bag or rice your own cauliflower and cook. While cooking, prep all other ingredients by adding them into separate bowls.
3. Add avocado oil in preheated high-sided pan on medium heat.
4. Add green onions, stir to combine, and fry for 30 seconds.
5. Add the dumplings and stir to combine.
6. After 60 seconds, crush in garlic and stir to avoid burning.
7. Once garlic becomes fragrant, add cauliflower rice and Bowl 1, and stir to combine.
8. Let all flavors come together for 1-2 minutes while constantly stirring. Serve and eat.

MACROS

- 311 CALORIES
- 13G FAT
- 38G CARBS
- 18G PROTEIN

SHRIMP FRIED RICE

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

128g medium shrimp, cooked and chopped
10oz bag cauliflower rice, frozen
7g green onion, chopped
8g garlic, minced
30g peas and carrots, frozen
8g avocado oil
Sauce
20g oyster sauce
25g soy sauce
2g MSG
Dash black pepper

DIRECTIONS

1. Put pre-cooked, frozen shrimp into a strainer, run under cold water for 5-6 minutes or until thawed, pat dry with a paper towel, and chop into small pieces.
2. Cook cauliflower rice in the microwave for the time recommended on the bag. While cooking, chop the green onion and garlic.
3. In a separate bowl, mix oyster sauce, soy sauce, MSG, and black pepper.
4. Add avocado oil in preheated high-sided pan on medium heat.
5. Add green onions, stir to combine, and fry for 30 seconds.
6. Add the garlic and stir to combine.
7. Once garlic becomes fragrant, add peas and carrots and stir constantly for one minute.
8. Add cauliflower rice and the sauce mix. Stir constantly for one minute.
9. Add shrimp, mix for an additional 30 seconds, plate it, and eat it.

MACROS

296 CALORIES
8G FAT
27G CARBS
30G PROTEIN

KIMCHI FRIED RICE

SERVES 1 | PREP 10 MINS | COOK 5 MINS

INGREDIENTS

1 egg, sunny side up
10oz bag cauliflower rice, frozen
2g avocado oil

BOWL 1

2 slices center cut bacon, chopped

BOWL 2

11g green onion, chopped

BOWL 3

6g garlic, minced

BOWL 4 (mixed)

84g kimchi
15g oyster sauce
15g soy sauce
2g MSG
Dash black pepper

DIRECTIONS

1. Lightly spray a small pan with oil, add an egg, cover the pan, and turn on low.
2. Cook cauliflower rice in the microwave for the time recommended on the bag. While cooking, prep all other ingredients by adding them into separate bowls.
3. The egg should be done at this point with a soft yolk and no runny whites. When ready, plate the egg and put to the side. If it's not ready, give it another minute or two to finish.
4. Add avocado oil and bacon in preheated high-sided pan on medium heat, stir to combine, and let them cook for two minutes.
5. Add green onions, stir to combine, and fry for 60 seconds.
6. Add the garlic and stir for 30 seconds.
7. Once garlic becomes fragrant, add cauliflower rice, stir to combine, and cook for one minute.
8. Add Bowl 4 to the pan, stir to combine, and let all those flavors mingle together for 1-2 minutes.
9. Plate it and eat it.

MACROS

- 308 CALORIES
- 14G FAT
- 30G CARBS
- 20G PROTEIN

REFRIED BEANS

SERVES 5 | PREP 15 MINS | COOK 2 HOURS

INGREDIENTS

230g pinto beans, dry
800g water
5g salt
6g bacon fat
100g onion, diced
5g garlic, minced
Small pinch Mexican oregano
Small pinch chili powder
Small pinch cumin

DIRECTIONS

1. Add beans to a colander, rinse, and add to a large pot along with the water and salt. Give everything a quick mix.
2. Place pot on the stovetop and turn up to medium heat. Once boiling, turn the heat to low, and cover with a lid for 2-3 hours or until beans easily smash with a soft press.
3. Place beans in a large bowl, add the pot back to the stovetop, and turn up to medium heat.
4. Add bacon fat to the pot. Once melted, add onions and stir until they are coated in fat.
   - Avocado oil or another high smokepoint oil works here as well!
5. Once translucent, add garlic, Mexican oregano, chili powder, and cumin. Give everything a mix and add beans back to the pot once the garlic becomes fragrant.
6. Using a potato masher or immersion blender, mash beans until desired chunkiness.
7. Simmer beans while constantly stirring until desired thiccness.
   - Please keep in mind, the beans will be significantly thicker once cooled.
8. Remove from heat and divide into five portions.
   - Each portion should be around 170 grams.

MACROS (PER SERVING)

- 152 CALORIES
- 1G FAT
- 31G CARBS
- 11G PROTEIN

LET'S GET

SAUCY

FOOLPROOF HOMEMADE MARINARA

SERVES **15** | PREP **5 MINS** | COOK **N/A**

INGREDIENTS

28oz can Cento® San Marzano whole peeled tomatoes
66g tomato paste
8g extra virgin olive oil
7g garlic, minced
2.3g onion powder
1g dried oregano
1g crushed red pepper flakes
6g salt, or to taste
10g granulated erythritol, or to taste
Dash black pepper

DIRECTIONS

1. Pour half of the tomatoes into a large bowl.
2. Add the rest of the ingredients and mix with an immersion blender until desired consistency.
3. Pour the other half of the tomatoes into the container and mix with an immersion blender again until desired consistency is achieved.
4. Use right away or store in the fridge/freezer until ready for use.

MACROS (61G SERVING)

- 25 CALORIES
- 1G FAT
- 5G CARBS
- 4G NET CARBS
- 1G PROTEIN

TIP: If you want a chunkier sauce, crush tomatoes by hand and mix all ingredients with a whisk or spatula instead of an immersion blender.

TIP: If you want a zero clean up marinara, pour and mix ingredients directly in the container they will be stored in.

HOMEMADE MARINARA (COOKED)

SERVES 14 | PREP 10 MINS | COOK 30 MINS

INGREDIENTS

10g extra virgin olive oil
120g white onion, diced
15g garlic, minced
28oz can Cento® San Marzano whole peeled tomatoes
66g tomato paste
1g dried oregano
1g crushed red pepper flakes
6g salt, or to taste
5g erythritol, or to taste
Dash black pepper

DIRECTIONS

1. Dice onions and mince garlic. Set aside.
2. Add olive oil and onions to a preheated pot on medium heat and stir to combine.
3. Add garlic, stir to combine, and let mixture cook for 3-5 minutes.
4. Add tomato paste and thoroughly combine all the ingredients. Simmer for 1 minute.
5. Put an immersion blender into the can of tomatoes, blend 15-20 seconds or until smooth, add to the pan with the rest of the Sauce ingredients, and stir to combine.
   - You can also crush in the tomatoes by hand if you prefer.
6. Once sauce starts bubbling, give it a stir, and turn burner to low.
7. Let sauce simmer for 20-30 minutes or until desired thickness is achieved, stirring occasionally.
8. Serve right away or add to an airtight container and store in the fridge.

MACROS (61G SERVING)

- 32 CALORIES
- 1G FAT
- 6G CARBS
- 5G NET CARBS
- 1G PROTEIN

SPICY RANCH

SERVES 14 | PREP 5 MINS | COOK N/A

INGREDIENTS

RANCH INGREDIENTS

170g fat-free Greek yogurt
105g light mayonnaise
80g reduced-fat buttermilk
2.5g fresh parsley
30g Franks RedHot® sauce
3g garlic, minced
6g onion powder
5g salt
¼ tsp dill weed
¼ tsp habanero powder
1/8 tsp black pepper
1 tsp dried chives

EMULSIFIER BLEND

8g avocado oil
2g xanthan gum

DIRECTIONS

1. Add all of the Ranch Ingredients into a medium-sized bowl and mix with a spatula.
2. Into a small bowl, add the Emulsifier Blend and stir until combined.
3. Add the Emulsifier Blend to the medium sized bowl and, using an immersion blender, blend for 90 seconds or until thoroughly combined.
4. Serve right away or store in a squeeze bottle and keep in the fridge for up to 2 weeks.

MACROS (30G SERVING)

- 35 CALORIES
- 2G FAT
- 2G CARBS
- 2G PROTEIN

TIP: If you don't have an immersion blender you can use a food processor or a blender cup.

Exercise4CheatMeals

CHIPOTLE AIOLI

SERVES 19 | PREP 5 MINS | COOK N/A

INGREDIENTS

3g fresh cilantro
199g chipotle peppers in adobo sauce
150g light mayonnaise
200g fat-free Greek yogurt
1g white pepper
10g granulated erythritol
2g smoked paprika
5g roasted garlic

EMULSIFIER

5g avocado oil
2g xanthan gum

DIRECTIONS

1. Add cilantro and chipotle peppers to a food processor and process for 60 seconds.
2. Add all additional ingredients besides the Emulsifiers and process for another 30 seconds.
3. Using a rubber spatula, scrape down the sides and bottom of processor.
4. In a small bowl, add the Emulsifying Ingredients and mix using a spoon.
5. Once the emulsifier has a smooth consistency, add it to the processor and process for 60 seconds.
6. Take blade out and mix together manually to make sure everything is incorporated.
7. Pour into a bowl and serve right away or use a funnel and add to a condiment bottle to use on a plethora of dishes.

MACROS (30G SERVING)

- 34 CALORIES
- 2G FAT
- 3G CARBS
- 1G PROTEIN

TIP: If you don't have a food processor, you can also put these ingredients into a bowl and use an immersion blender to both mix the ingredients and break them down.

TIP: If you would like a smoother texture, remove seeds from chipotle peppers before adding to the food processor.

GARLIC PARMESAN SAUCE

SERVES 8 | PREP 15 MINS | COOK 45 MINS

INGREDIENTS

1 head garlic, roasted
5g avocado oil
1g xanthan gum
60g light mayonnaise
45g fat-free Greek yogurt
30g sugar-free maple syrup
7g apple cider vinegar
20g water
15g parmesan cheese
5g lemon juice
1 egg yolk
6g salt
5g granulated erythritol
0.5g marjoram
1g basil
1g oregano
1g crushed red pepper flakes
1g black pepper

DIRECTIONS

1. Take the head of garlic and chop off the top so that the tips of the cloves are exposed.
2. Lightly spray top with oil, add a pinch of salt, and a dash of pepper.
3. Wrap the garlic head in aluminum foil and add to a preheated 400°F oven for 45 minutes.
4. In a small bowl, add avocado oil and xanthan gum and mix until combined.
5. In a medium bowl, add all other ingredients and mix.
6. Add avocado oil mixture to bowl while stirring and combine.
7. Use a garlic press to add press in 25g of the freshly roasted garlic to the mix.
8. Give the sauce a good mix, add to a bottle, and refrigerate.

MACROS (30G SERVING)

- 48 CALORIES
- 3G FAT
- 3G CARBS
- 2G PROTEIN

TIP: To make sauce even smoother, use an immersion blender for steps 6 and 7.

TZATZIKI SAUCE

SERVES 10 | PREP 15 MINS | COOK N/A

INGREDIENTS

160g fat-free Greek yogurt

4g extra virgin olive oil

15g white vinegar

½ tsp dried dill

80g cucumber, peeled, deseeded, and grated

3g garlic, minced

42g fat-free feta

3g salt

Dash black pepper

DIRECTIONS

1. Peel, deseed, grate, and squeeze cucumber with a cheese cloth or paper towels over a sink to try and get as much moisture out as possible.
2. Add all ingredients in a bowl and mix until combined.
3. Serve right away or, for best flavor, cover and refrigerate for at least 2-3 hours.

MACROS (30G SERVING)

- 18 CALORIES
- 0G FAT
- 1G CARBS
- 3G PROTEIN

SALSA CREMA

SERVES 12 | PREP 5 MINS | COOK N/A

INGREDIENTS

220g fat-free Greek yogurt
4oz canned green chiles
5g cilantro
4g garlic, minced
10g lemon juice
4g salt
0.5g xanthan gum (optional)

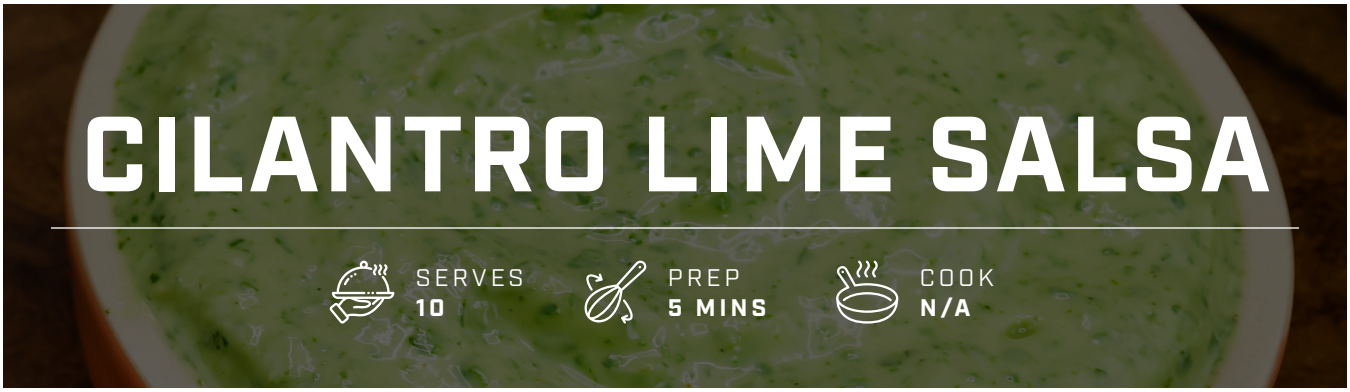
DIRECTIONS

1. Put all ingredients in a medium sized bowl and mix using an immersion blender for 30-60 seconds.
2. Optional: Add xanthan gum over the top of the crema and mix in if a thicker consistency is desired.
3. Serve right away or put into a container and store in the fridge until ready to use.

MACROS (30G SERVING)

- 14 CALORIES
- 0G FAT
- 1G CARBS
- 2G PROTEIN

TIP: You can also make this in a food processor if you don't have an immersion blender.



CILANTRO LIME SALSA

SERVES 10 | PREP 5 MINS | COOK N/A

INGREDIENTS

224g fat-free Greek yogurt
30g light mayonnaise
4g garlic, minced
Zest of 1 lime
16g lime juice
30g fresh cilantro, chopped
3g Valentina® hot sauce
Salt and black pepper, to taste

DIRECTIONS

1. Add all ingredients to a food processor and process for 30 seconds.
2. Scrape down sides with spatula and process for an additional 30 seconds.
3. Pour salsa into a sauce bottle and serve right away or refrigerate for a couple hours for peak flavor.

MACROS (30G SERVING)

- 20 CALORIES
- 1G FAT
- 1G CARBS
- 2G PROTEIN

TIP: Use within 1-2 weeks or before ingredients are set to expire.

RUSSIAN DRESSING

SERVES 9 | PREP 5 MINS | COOK N/A

INGREDIENTS

6g onion
120g no sugar added ketchup
60g light mayonnaise
60g fat-free Greek yogurt
5g Sriracha
7.5g horseradish
2.5g Worcestershire sauce
1.2g smoked paprika
1g salt
Dash black pepper

DIRECTIONS

1. Grate onion and add to a medium size bowl.
2. Put bowl on scale, add the rest of your ingredients, and combine.
3. Serve right away or let it sit in the fridge for a couple of hours to let the flavors compound.

MACROS (30G SERVING)

- 31 CALORIES
- 2G FAT
- 2G CARBS
- 1G PROTEIN

MAPLE SYRUP

SERVES 18 | PREP 10 MINS | COOK 10 MINS

INGREDIENTS

WET

500g water
15g maple extract
8g imitation vanilla
25g brown sugar erythritol

DRY

50g granulated erythritol
3.5g salt
2g xanthan gum
.5g sucralose

DIRECTIONS

1. Add all wet ingredients into a high sided container.
   - Add 1g butter extract to provide a rich butter flavor to the maple syrup.
2. In a small bowl, add dry ingredients and mix to combine.
3. While blending, slowly add your dry ingredients into the container.
4. Once all dry ingredients have dissolved, continue blending for 2 minutes.
5. Add the syrup to a pot, put on medium heat, and stir every 2-3 minutes.
6. Once boiling, allow to boil for one additional minute, remove from heat, and let it cool.
   - Optional: When cooled, scrape the foam off the top of the syrup and discard.
7. Add syrup to a container and drizzle on all your breakfast favorites.

MACROS (30G SERVING)

- 0 CALORIES
- 0G FAT
- 4G CARBS
- 0G NET CARBS
- 0G PROTEIN

BUFFALO SAUCE

SERVES 10 | PREP 5 MINS | COOK 10 MINS

INGREDIENTS

21g butter
15g garlic, minced
250g hot sauce
30g white vinegar
30g Worcestershire sauce
5g cornstarch

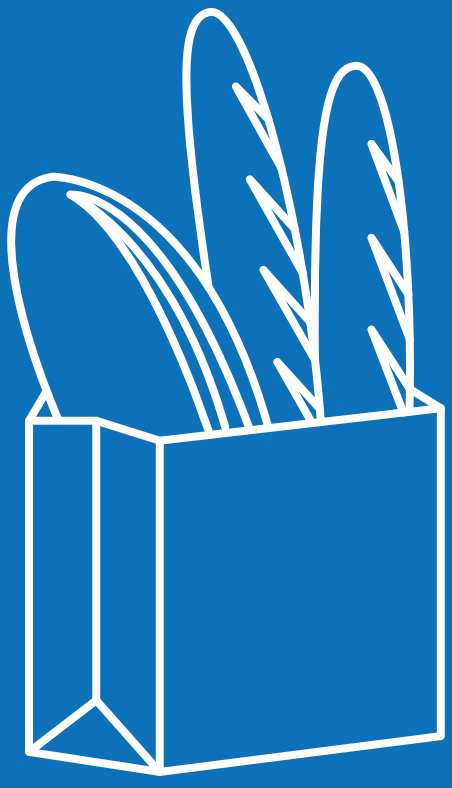
DIRECTIONS

1. Add butter to a pot and put on stovetop on low heat.
2. Place hot sauce, vinegar, Worcestershire sauce, and corn starch into a medium bowl. Whisk until corn starch dissolves.
3. Once butter has melted, add garlic and turn up to medium heat. Mix butter and garlic.
4. When the garlic butter starts bubbling and garlic becomes fragrant, add sauce and stir to combine.
5. Once the sauce starts to boil, remove from heat and mix to combine.
6. Add to a container and refrigerate.

MACROS (PER 30G SERVING)

- 29 CALORIES
- 2G FAT
- 3G CARBS
- 0G PROTEIN

DOUGH-



LICIOUS

PROTEIN BREAD

SERVES 23 | PREP 3 HRS | COOK 25 MINS

INGREDIENTS

220g King Arthur® bread flour
110g vital wheat gluten
15g dough conditioner
270g 2% milk
15g white vinegar
7g salt
10g instant yeast
30g water (yeast)

DIRECTIONS

1. Add bread flour, vital wheat gluten, and dough conditioner to a large bowl and whisk.
2. Pour milk into a measuring cup and microwave for 30-45 seconds or until it reaches 90°F. Add milk to the bowl and using a spoon, mix everything together until the milk has dissolved.
3. Add vinegar, rinse your hand under water, and use your wet hand to mix the dough until there are no more dry parts.
4. Once finished, top dough evenly with salt, and cover for 15 minutes.
5. While waiting, put yeast and water into a glass and mix using a spoon until yeast is covered in water.
6. Add yeast mixture onto the dough and using a wet hand, squeeze the dough repeatedly for 4-5 minutes or until the yeast mixture and salt is completely mixed into the dough.
   - I like to squeeze one part of the dough through my fingers, then move to another part and repeat while occasionally flipping the dough.
7. Cover the dough for 30 minutes.
8. Using a wet hand, perform a stretch and fold by pulling one side of the dough as high as possible then folding it over itself.
9. Turn the bowl 90 degrees and repeat 3-4 more times until all dough has been stretched.
10. Flip the dough over, and form into a ball by sliding your hand underneath the dough and pulling it in a circular motion towards your body.
    - When the ball is formed, the dough should have a fairly smooth surface and look like kneaded dough.
11. Cover the dough for 30 minutes, repeat steps 8-10, and cover for 30 more minutes.
12. Pick the dough up out of the bowl and let it hang to stretch it into a long, narrow piece of dough that is about 5-6" wide.
13. Lay the dough down with the bottom side facing up towards the ceiling.
14. Take the top of the dough and fold about a quarter of it onto itself. Using the tips of your fingers, press the edge of the dough into the crease.

[RECIPE CONTINUES]

DIRECTIONS, CONT

15. Slowly roll the dough down by continually pressing the seams together with each roll and popping any large air bubbles while doing so.
16. Seal the roll by pinching along the edge of the dough as well as each side of the roll.
17. Lightly spray an 8.5x4.5" steel loaf pan with oil, place the dough inside of the pan sealed side down, and let the dough rise in a warm place for 60-90 minutes.
18. Bake in a preheated 350°F oven for 25-30 minutes.
19. Take bread out of the pan, add to a wire rack, and let the bread completely cool. This will take 2-3 hours.
20. Using a serrated knife, slice a couple pieces, and enjoy.

MACROS (26G SERVING)

TIP: For optimal freshness, cut the loaf in half and slice from the middle of the loaf. Then put the two halves back together and wrap in cling wrap or use a bread bag to store. I have had loaves for up to 6 days with no staling or mold formation.

PROTEIN BREAD PROCESS

STEP 2: Before vinegar

STEP 3: Before salt

STEP 6: After squeezing

STEP 10: Smooth surface of dough ball

STEP 13: Dough bottom side up

STEP 17: Before rise

STEP 18: After rise

PROTEIN BUNS

SERVES 6 | PREP 2 HRS | COOK 20 MINS

INGREDIENTS

TANGZHONG

30g fat-free milk
15g water
15g all-purpose flour

DOUGH

DRY

165 all-purpose flour
45g vital wheat gluten
5g diastatic malt powder
18g granulated erythritol
3g instant yeast
4g salt

WET

130g fat-free milk
Tangzhong
7g unsalted butter

MACROS (PER SERVING)

- 158 CALORIES
- 1G FAT
- 28G CARBS
- 25G NET CARBS
- 10G PROTEIN

DIRECTIONS

1. Add Tangzhong ingredients into a small pan, whisk until combined, then put on medium low heat. Keep stirring with whisk until it begins to thicken and clump.
2. Switch to a rubber spatula and keep mixing until there is no more liquid left, or it looks similar to mashed potatoes.
3. Place Tangzhong in a small bowl to cool. In a separate glass, heat up milk for the dough until it reaches 110°F (about 20-30 seconds in the microwave).
4. Add Dry Ingredients into the food processor and process for 15 seconds.
5. Add Tangzhong and butter into the food processor, process on high, then pour in milk over a 15 second period, and continue to process for an additional 30 seconds.
6. The dough should have formed into a ball. Plop dough on the counter and **KNEAD** dough for 3-5 minutes.
7. Lightly spray a large bowl with oil, place dough ball into the center of the bowl, lightly spray the top of the ball with oil, and cover for an hour.
8. Press any big air pockets out of the dough and divide into 6 equal portions.
9. Roll each piece of dough into a ball, making sure the bottom of the ball is sealed. Line a baking pan with a nonstick liner, and space dough balls evenly apart.
10. With the bottom of your palm, flatten each dough ball so that after rising and baking they will look like a bun. Pop any noticeable air pockets with fingers or a toothpick.
11. Cover buns with another baking pan or damp kitchen towel and let rise for 45 minutes. Place a small cast iron pan on a lower rack in the oven before preheating.
12. In a small bowl whisk an egg and brush a thin layer of egg wash to the top of each bun.
    - Optional: Add sesame seeds over the top.
13. Bake the buns in a preheated 400°F oven, add 4-5 cubes of ice into the cast iron, and shut the oven door right away.
14. Bake for 17 minutes, flipping the pan halfway through. Place buns on a cooling rack when finished.

TIP: If not using within 3-4 days, throw the cooked buns in the freezer and reheat them in a preheated 350°F oven for 10-12 minutes.

PROTEIN BUNS PROCESS

STEP 2: “Mashed potatoes”

STEP 7: Before covering

STEP 10: Before rising

STEP 11: After rising

MACROS (PER SERVING)

- 155 CALORIES
- 4G FAT
- 24G CARBS
- 20G NET CARBS
- 11G PROTEIN

POTATO BUNS

SERVES 6 | PREP 3 HRS | COOK 18 MINS

INGREDIENTS

MASHED POTATO

70g water
17g dried mashed potato

DOUGH

DRY

135g 00 flour
55g vital wheat gluten
6g dough conditioner
5g diastatic malt powder
24g granulated erythritol
5g instant yeast
3g salt

WET

40g fat-free milk
14g unsalted butter, melted
Potato
1 egg

EGG WASH

1 egg
15g water

DIRECTIONS

1. Add 70 grams of water into a medium size bowl and microwave for 60 seconds.
2. Using kitchen gloves, grab the bowl out of the microwave, add dried potato, and mix to combine.
3. Add Dry Ingredients into the food processor and process for 60 seconds.
   - You may use bread flour instead of 00 flour, but the final product won't be as soft and pillowy.
4. Add milk and butter to a glass measuring cup and microwave for 20-30 seconds. Mix until the butter is melted. The temperature should not exceed 120°F.
5. Add potato and egg into the food processor, process on high, and pour in milk mixture over a 15 second period. Continue to process for an additional 30 seconds.
6. Place dough on your work surface, **KNEAD** the dough for 8-10 minutes or until smooth, and round into a taut ball.
7. Lightly spray a large bowl with oil, place dough ball into the center of the bowl, lightly spray the top of the ball with oil, and cover for 1.5-2 hours.
8. Divide dough into 6 equal portions, about 67 grams each. Roll each piece of dough into a ball, making sure the bottom of the ball is sealed.
9. Line a baking pan with a nonstick liner and space dough balls evenly apart.
10. With the bottom of your palm, flatten each dough ball so that after rising and baking they will look like a bun. Pop any noticeable air pockets with fingers or a toothpick.
11. Cover buns with another baking pan or damp tea towel and put in a warm place to rise for 60-90 minutes.
12. In a small bowl, add Egg Wash ingredients, whisk to combine, and brush a thin layer of egg wash on the top and sides of each bun.
13. Bake the buns in a preheated 375°F oven for 16-18 minutes, turning the pan halfway through. Place buns on a cooling rack when finished.

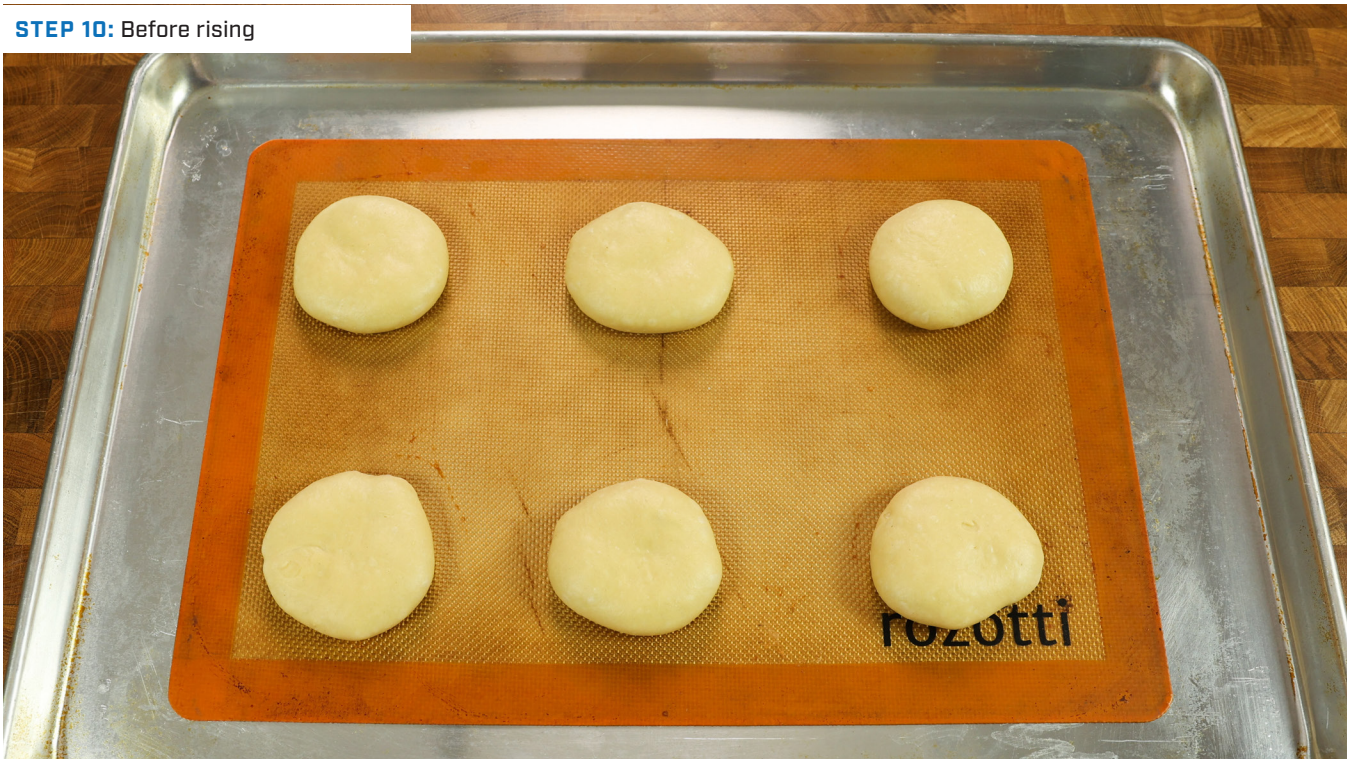
TIP: If not using within 3-4 days, throw the cooked buns in the freezer and reheat them in a preheated 350°F oven for 10-12 minutes.

POTATO BUNS PROCESS

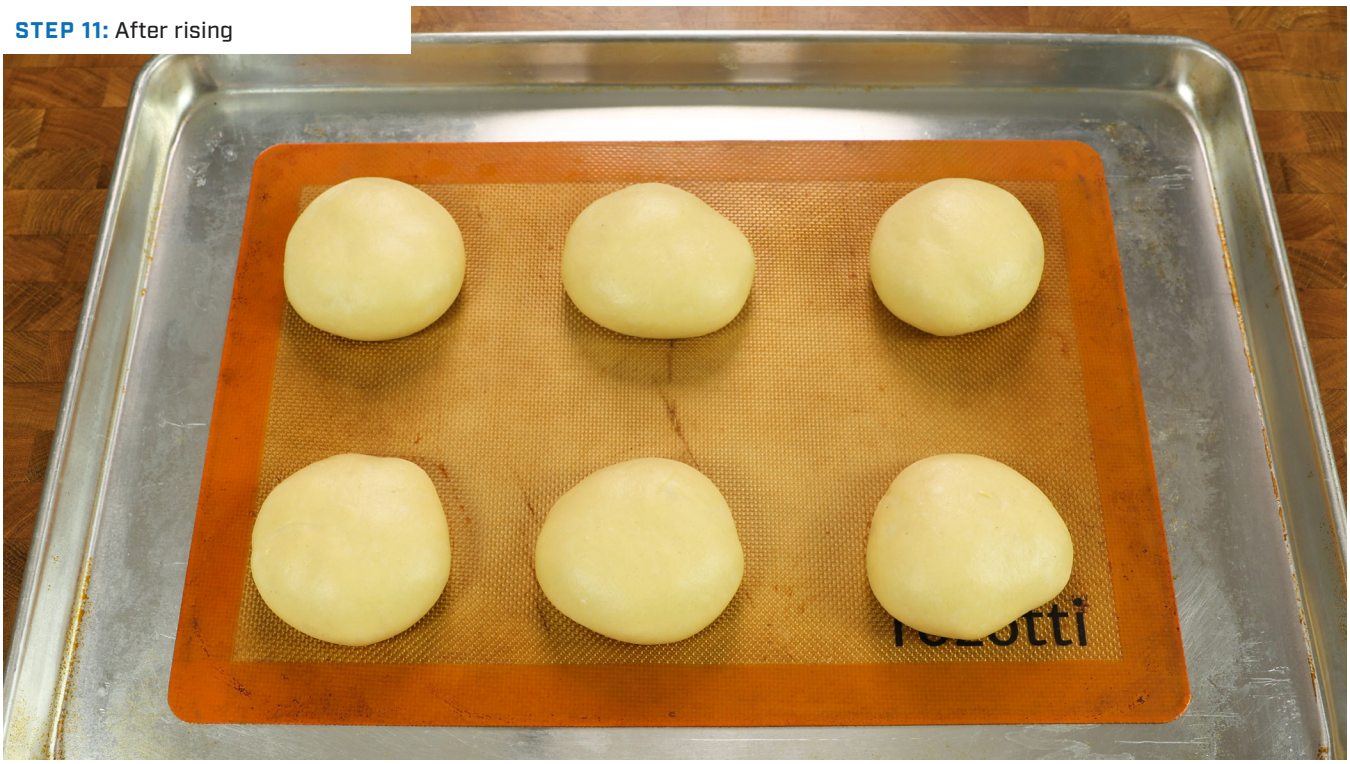
STEP 2: After mixing

STEP 8: After rolling

STEP 10: Before rising



STEP 11: After rising



PROTEIN BAGUETTE

SERVES 8 | PREP 3 HRS | COOK 25 MINS

INGREDIENTS

600g King Arthur® bread flour
100g vital wheat gluten
500g warm water
16g salt
15g instant yeast
50g water (yeast)

DIRECTIONS

1. Add bread flour and vital wheat gluten into a large bowl and whisk.
2. Pour lukewarm water into the bowl and using a spoon, mix everything together until it becomes a shaggy dough.
3. Rinse your hand under water and use your wet hand to mix the dough until there are no more dry parts.
4. Once finished, top dough evenly with salt, and cover for 20 minutes.
5. While waiting, put yeast and water into a glass and mix yeast using a spoon until yeast is covered in water.
6. Add yeast mixture onto the dough and using a wet hand, squeeze the dough repeatedly for 4-5 minutes or until the yeast mixture and salt is completely mixed into the dough.
   - I like to squeeze one part of the dough through my fingers, then move to another part and repeat while occasionally flipping the dough.
7. Cover the dough for 30 minutes.
8. Using a wet hand, perform a stretch and fold by pulling one side of the dough as high as possible then folding it over itself.
9. Turn the bowl 90 degrees and repeat 3-4 more times until all dough has been stretched.
10. Flip the dough over, and form into a ball by sliding your hand underneath the dough and pulling it in a circular motion towards your body.
    - When the ball is formed, the dough should have a fairly smooth surface and look like kneaded dough.
11. Cover the dough for 30 minutes, repeat steps 8-10, spray the top of the dough with oil, and cover for 90 minutes.
12. Lightly dust work surface and top of the dough with flour, degas the dough by punching it down, and flip it onto the work surface.
13. Using a bread scraper, divide the dough into four roughly 310g pieces and put three of them to the side.
14. To prevent sticking, spray hands with oil and push the dough outward to get any big air bubbles out.

[RECIPE CONTINUES]

DIRECTIONS, CONT

15. Fold the sides of the dough, followed by the top and bottom of the dough, flip the dough over, and round it into a ball making sure the bottom of the dough is sticking together.
16. Put the dough ball off to the side, cover with a damp tea towel, and repeat with the other 3 pieces of dough.
17. Let the dough rest for 20 minutes, grab a sheet pan, line it will parchment paper, lightly spray with oil, and put it off to the side.
18. Lightly dust surface with flour, put one of the dough balls in front of you bottom side up, put a little bit of oil on your hands, and press the dough out into a roughly 8x6" rectangular shape while getting any massive air bubbles out.
19. Take the top of the dough and fold about a quarter of it onto itself. Using the tips of your fingers, press the edge of the dough into the crease.
20. Slowly roll the dough down by continually pressing the seams together with each roll and popping any large air bubbles while doing so.
21. Seal the roll by pinching along the edge, lightly dust with flour, and put the sealed side on the work surface.
22. Using both hands, start in the middle of the dough and slowly apply pressure both down and out while trying to keep the seam side down the entire time.
23. Each time the dough is rolled out, apply more pressure, especially at the ends of the dough to give it an authentic baguette taper.
    - This usually takes about 3-5 rolls and should be about 12-14" in length.
24. Put the rolled dough on the parchment paper, cover with a sheet pan, and repeat for the remaining dough balls, making sure the pieces of dough are evenly spaced out on the sheet pan.
25. Let the dough rise in a warm place for 60-90 minutes.
    - Try and make sure the rolled pieces of dough are as straight as possible before rising or else they will most likely be crooked.
26. Spray the baguettes with water, score the baguettes with a bread lame or a sharp knife every 2 inches or down the middle. Bake in a preheated 450°F oven with a small cast iron pan preheating on the rack below. Add 5-6 pieces of ice to the hot cast iron pan when you add the baguettes to the oven and close the oven door — this creates steam to give your baguettes a better rise while baking.
27. Bake for 25-30 minutes, flipping the sheet pan around halfway through and moving the bread on the inside of the pan to the outside and vice versa.
28. Baguettes are done when you can knock on them and they sound hollow. Let them cool and store any you will not use that day in the freezer.

TIP: To reheat from the freezer, simply put baguette into a preheated 350° oven for 15 minutes and it will be as good as new.

MACROS (PER SERVING)

PROTEIN BAGUETTE PROCESS

STEP 2: Shaggy dough

STEP 4: Before covering

STEP 10: Smooth surface of dough ball

STEP 17: After resting

STEP 19: Pressed into the crease

STEP 25: After rise

HOAGIE ROLLS

SERVES 4 | PREP 3.5 HRS | COOK 13 MINS

INGREDIENTS

DRY

240g King Arthur® bread flour
60g vital wheat gluten
8g dough conditioner
6g diastatic malt powder
2.5g instant yeast
5g salt

WET

10g Crisco®
192g water
Corn meal
56g water (oven)

DIRECTIONS

1. Add all dry ingredients to a food processor and mix for 60 seconds.
2. Add Crisco® to the food processer and start blending for 10 seconds. As the processor is blending, add water over a 20 second period and continue mixing for 30 seconds.
3. Plop the dough on the counter, knead for 6-8 minutes, and divide into 4 equal sized pieces of dough. Each dough should weigh about 129g.
4. Roll each piece of dough into a ball, making sure the bottom of the ball is sealed. Line a baking pan with a nonstick liner, space dough balls evenly apart, and cover for 90 minutes.
5. Flip one piece of dough bottom side up and gently roll the dough back and forth with a rolling pin. Continue rolling until about a quarter inch thick.
6. Pick up the dough and place onto the counter in the shape of a square. Roll out the edges to get an even thickness.
7. The dough should be about 6" wide and 6.5" long.
8. Take the top of the dough and fold about half of it onto itself. Using the tips of your fingers, press the edge of the dough into the crease.
9. Take the bottom of the dough and fold it up. It should perfectly line up to the top corners of the dough. Seal the roll by pinching along the edge and sides of the dough. The roll should be about 6" long.
10. Dust a nonstick liner with corn meal and place the hoagie roll directly on the corn meal.
11. Repeat for the other pieces of dough and cover for 90 minutes.
12. Add a steel brownie pan to the bottom rack of the oven and preheat the oven to 425°F.
13. Add a piece of parchment paper to a pizza peel or a cookie sheet.
14. Grab each piece of dough from the bottom, lightly stretch it out from the middle for a couple seconds, and place them on the pizza peel, making sure to evenly space them out. The roll should be about 8" long.
15. Make a cut down the middle of each roll with a sharp knife or bread lame.
16. Heat up 56g water in a microwave for 30-40 seconds or until boiling.

[RECIPE CONTINUES]

DIRECTIONS, CONT

17. Using oven mitts, add the hoagies to a baking steel, pour the water into the brownie pan, and quickly shut the oven door.
18. Bake for 12-14 minutes and immediately transfer to a wire rack to cool.

MACROS (PER SERVING)

- 306 CALORIES
- 3G FAT
- 50G CARBS
- 20G PROTEIN

TIP: If you don't have a baking steel, you can cook these on a sheet pan with a nonstick liner. There is only 1 difference. About 3-4 minutes before the rolls are finished baking, you will have to flip them to ensure the bottom of the hoagie browns correctly.

HOAGIE ROLLS PROCESS

STEP 4: After rising

STEP 7: After 1st fold

STEP 8: After sealing

STEP 10: After rising

PROTEIN BREADSTICKS

SERVES 6 | PREP 1 HR | COOK 15 MINS

INGREDIENTS

DRY

131g King Arthur® all-purpose flour
34g vital wheat gluten
1.5g salt
3g instant yeast
6g granulated erythritol

WET

5g avocado oil
115g water

TOPPING

4g unsalted butter
5g grated parmesan
Dash salt
Dash garlic powder
Dash dried parsley

DIRECTIONS

1. Add all Dry Ingredients into a food processor and process for 30 seconds.
2. Add avocado oil over the top of the Dry Ingredients.
3. Heat up water to 110°F.
4. While processing on high, slowly mix in water over 10-15 seconds and continue to process for an additional 30 seconds.
5. Plop dough onto the counter, roll it around for 1 minute, form it into a ball, place in a lightly oiled bowl, and cover for 30 minutes.
6. Divide dough into roughly six 48g portions, roll each piece out using your hands, pop any big air bubbles while doing so, and get them to about 8" in length.
7. Place each piece of dough on a sheet pan lined with parchment paper or a silicone liner, keeping the breadsticks evenly apart. Cover with another sheet pan or a damp towel for about 20 minutes.
8. Put breadsticks into a preheated 400°F oven for 12-15 minutes or until bottom of breadsticks are nicely browned.
9. Add butter, salt, and garlic powder in a small bowl, then microwave until the butter is melted. Mix ingredients to combine.
10. Brush each bread stick with the butter mixture and top with parmesan and parsley while breadsticks are hot.
11. Eat one or all 6. Both are great options.

MACROS (PER SERVING)

- 117 CALORIES
- 2G FAT
- 19G CARBS
- 18G NET CARBS
- 8G PROTEIN

PROTEIN PITA

SERVES 2 | PREP 15 MINS | COOK 3 MINS

INGREDIENTS

DRY

30g all-purpose flour
18g vital wheat gluten
12g oat fiber
1.5g salt
2g baking powder

WET

4g extra virgin olive oil
54g water

DIRECTIONS

1. Add Dry Ingredients to a bowl and whisk together.
2. Add olive oil to the Dry Ingredients and mix the oil into the ingredients so it is spread evenly.
3. Add water to the bowl and using a spoon, incorporate the mixture as much as possible.
4. Flip the dough out onto the counter and continue incorporating all the ingredients into the dough making sure there are no dry parts.
5. Squeeze dough ball between fingers, switch hands, and repeat for one minute. This will make sure everything is evenly dispersed throughout.
6. Split dough into two balls.
7. Lightly dust counter and rolling pin with flour, put one dough ball down, and add a light dusting of flour to the top of the dough.
8. Roll dough 2-3 times, turn 90°, roll 2-3 times, and repeat until the dough is about 6" wide and ⅛-¼" thick.
   - If dough starts to stick to the rolling pin, lightly dust the surface where the dough is sticking, spread around, and continue rolling.
9. Lightly spray a cast iron pan on medium-high heat, place one rolled out piece of dough onto the pan, and cook each side for 1-2 minutes or until browning occurs.
10. Put cooked pita under a damp towel to prevent drying out and repeat for the other pita.

MACROS (PER SERVING)

- 106 CALORIES
- 3G FAT
- 19G CARBS
- 13G NET CARBS
- 8G PROTEIN

TIP: Letting the dough balls relax for 15 minutes after step 6 will make the dough easier to roll out.

TIP: Cook 3-4 batches at a time so that you have enough for multiple days.

TIP: If you won't eat all of the pitas within 3-4 days, I would freeze them and reheat them in the microwave or on a skillet.

PROTEIN PITA PROCESS

STEP 2: Should look “crumbly” after mixing oil into flour

STEP 6: Two dough balls

STEP 7: Before rolling

STEP 8: After rolling

STEP 9: Browning

BURRITO TORTILLAS

SERVES 2 | PREP 60 MINS | COOK 3 MINS

INGREDIENTS

DRY

42g all-purpose flour
30g vital wheat gluten
30g oat fiber
2g baking powder
2g salt
2g xanthan gum

WET

6g avocado oil
85g water

DIRECTIONS

1. Add Dry Ingredients into a medium-sized bowl and whisk to combine.
2. In a separate bowl, mix the Wet Ingredients together, add to the Dry Ingredients, and mix with a spoon until most of the ingredients come together.
3. Dump the contents of the bowl onto the counter and use hands to incorporate until there are no more dry parts left in the dough.
4. Finish "kneading" this dough by squeezing dough for 30-60 seconds, switching hands with each squeeze.
5. Divide dough in half, form into balls, cover with a damp towel or wrap each ball individually with plastic wrap, and rest dough for 30 minutes.
6. Dust counter with flour, plop a dough ball down, dust top of the dough with flour, and roll out using a rolling pin. If dough starts sticking to the rolling pin, add more flour where it is sticking, spread, and continue.
   - I like to roll the dough 4-5 times then turn it 90 degrees, roll 4-5 times again, and repeat.
7. Once rolled out to 11-12", place underneath a damp tea towel or kitchen towel to prevent the tortilla from drying out.
8. Repeat with the second tortilla and place on a preheated cast iron or griddle on medium-high heat.
9. Cook each side for 30-60 seconds, flip, and cook another 30-60 seconds.
10. Put under a separate wet tea towel or kitchen towel until cool.
11. Use right away or fold and place in a plastic bag for up to 3-4 days.

MACROS (PER SERVING)

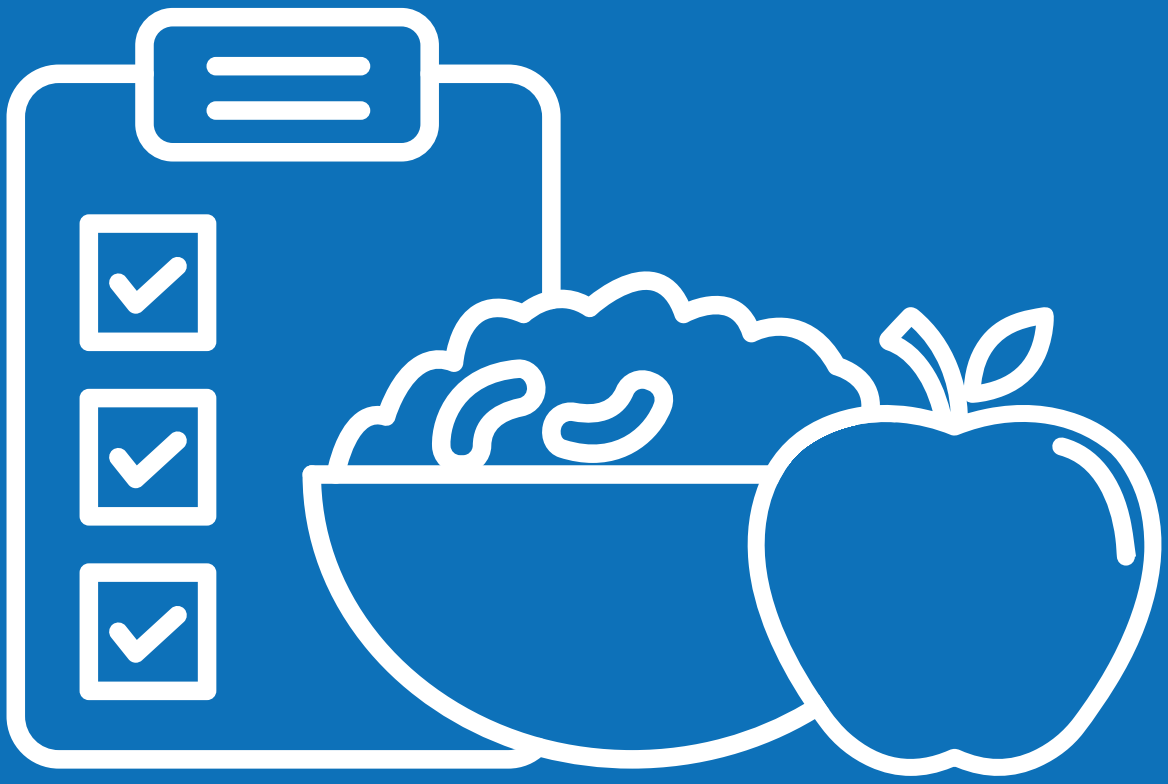
- 177 CALORIES
- 4G FAT
- 37G CARBS
- 22G NET CARBS
- 14G PROTEIN

TIP: If storing for later use, put tortilla in the microwave for 10 seconds when ready to eat.

TIP: If making a large batch and need to avoid molding, fold twice, place in a gallon bag, and throw into the freezer. When ready to use cover with a damp tea towel or paper towel and reheat for 30 seconds.

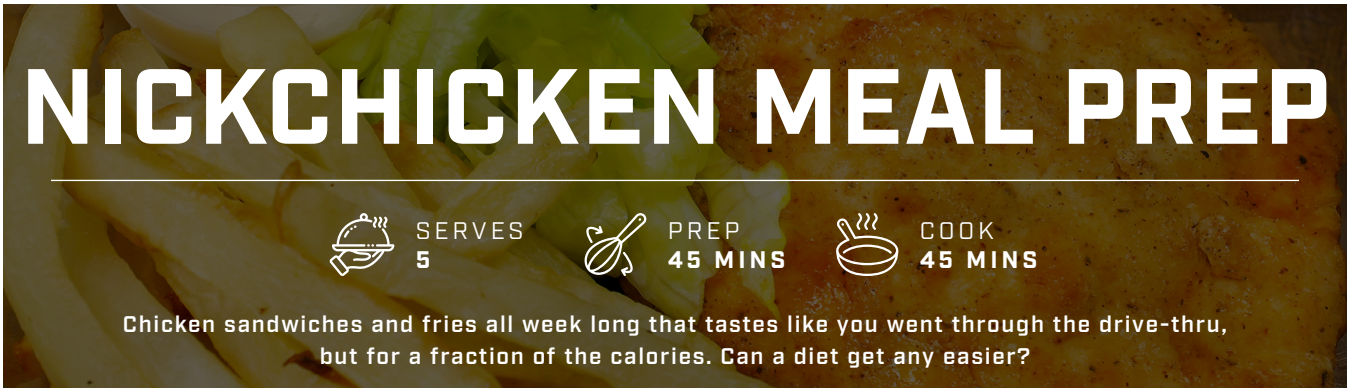
NOTE: I include an extra 8g into the macros of all-purpose flour that is used to roll the tortilla out, even though it is not included in the ingredient list itself.

PREP



SCHOOL

NICKCHICKEN MEAL PREP



SERVES 5 | PREP 45 MINS | COOK 45 MINS

Chicken sandwiches and fries all week long that tastes like you went through the drive-thru, but for a fraction of the calories. Can a diet get any easier?

INGREDIENTS

CHICKEN MIX

700g chicken breast
9g salt
6g granulated erythritol

DREDGE STATIONS

WET STATION ONE

230g water
20g corn starch

Dry Station:
90g all-purpose flour
3g garlic powder
2g paprika
3g salt
2g white pepper
3g black pepper

DIRECTIONS

1. Add beef broth and sugar to a large bowl and whisk until sugar is dissolved.
2. Peel potatoes and using a fry tower cutter, cut the potatoes into shoestring french fry size and add to beef broth mixture.
   - Can also cut the fries by hand into ⅜" x ⅜" pieces to replicate the slim profile of a NickDonald's french fry.
3. Once all fries are added to the beef broth, mix fries around to keep them separated. Make sure all fries are covered with broth and set to the side.
4. Preheat an air fryer to 400°F.
5. Cut chicken breast into medium-sized chunks, add to blender, and pulse blender for 10-15 seconds or until it is a similar consistency to ground chicken.
6. Add ground chicken to a bowl, then add salt and erythritol. Mix together until ingredients are thoroughly combined.
7. Spray your hands with oil to prevent the ground chicken from sticking to your hands, then separate the chicken mix into 140g-sized balls. Form the chicken balls into patties that are slightly wider than the buns and place on a piece of parchment paper.
8. Set up dredging stations by adding all ingredients to three separate containers and mixing until well combined.
9. With one hand or your "wet hand," take a chicken patty, submerge it into the first wet station container, let extra liquid drip off, and place into the Dry Ingredients container.
10. Using your other hand or what I like to call your "dry hand," add the wet patty to your dry flour mixture and push flour into the patty to coat it thoroughly, making sure the sides of the patty are covered as well.
    - TIP: Put some of the dry mix on a plate or in a separate container before putting patty into the dry station. Then you can easily add the dry mixture to the top of the patty after it is already in the dry station container.
11. Once patty is fully coated, shake any excess flour off, and add to Wet Station Two.

[RECIPE CONTINUES]

INGREDIENTS, CONT

WET STATION TWO

1 egg

1 egg white

2g baking powder

FINISHING TOUCHES

Olive oil spray

NICKCHICKEN BUILD

Buns (110 Cal)

1 NickChicken patty

15g light mayonnaise

Lettuce

FRENCH FRIES

1000g russet potatoes, peeled (about 1200g before peeling)

1200g beef broth

30g sugar

8g oil spray

Salt, to taste

DIRECTIONS, CONT

12. Make sure the chicken patty is completely coated in egg wash and let any excess drip off.
13. Put chicken patty back into the dry station and repeat step 10.
14. Place the finished chicken patty on wire rack and repeat.
15. Spray the bottom of the air fryer and place a patty into the air fryer basket, spraying a light coat of oil on the top of the patty.
16. Cook chicken for 6-8 minutes in the air fryer or until chicken has reached an internal temperature of 155°F, flipping halfway through.
17. Repeat until all chicken is cooked.
18. While patties are cooking, drain broth out of the fries, and add fries to a salad spinner.
19. Use salad spinner to get excess liquid off the fries and place them onto paper towels.
    - If you don't have a salad spinner, paper towels will work by themselves, but you will just have to use more of them.
20. Using paper towels, pat the fries dry and once the final NickChicken is finished, lightly spray the bottom of the air fryer with oil.
21. Add a layer of fries to the air fryer, lightly spray the top of the fries with oil, and repeat layering/oil combination until all fries are added.
22. Cook at 400°F for 20-25 minutes, tossing every 5-6 minutes.
    - Every time the fries are shaken or tossed, lightly spray them with oil.
23. Take fries out, add salt to taste, and shake them to evenly disperse salt.
24. Thinly slice lettuce, add light mayo to condiment cups, lay out 5 meal prep containers, and let NickChickens and fries come to room temperature.
25. Add NickChicken, fries, lettuce, and mayo to each meal prep container and refrigerate.
26. When ready to chow down, toast the inside of a bun, place fries and NickChicken in a preheated 350°F air fryer for 3-4 minutes, plate it, and eat.

MACROS (PER SERVING)

$1 PIZZA MEAL PREP

SERVES 5 | PREP 1 HR | COOK 13 MINS

INGREDIENTS

DOUGH

500g all-purpose flour

100g vital wheat gluten

10g salt

5g instant yeast

440g water

SAUCE

28oz can Cento® crushed tomatoes

1.5g garlic powder

6g salt, or to taste

PIZZA BUILD

Oil spray

1 Dough

80g Sauce

60g part-skim mozzarella cheese, shredded

MACROS (PER SERVING)

- 651 CALORIES
- 14G FAT
- 91G CARBS
- 40G PROTEIN

DIRECTIONS

1. Place flour, vital wheat gluten, yeast, and salt into a food processor and process for 30 seconds.
2. Turn processor on high, slowly mix in water over a 30-60 second period, and let dough mixture process for an additional 30-60 seconds.
3. Plop dough onto the counter, roll it into a ball, and divide the dough into 5 pieces. Each piece should weigh roughly 200-210g.
4. Form each dough into individual balls by flattening the dough with your fingers, folding each side of the dough into the middle, flipping it over, and rolling it in a circular motion until a ball is formed.
5. Grab 5 high sided containers, lightly spray oil into each one, put one dough ball into each container, spray the top of the dough ball, cover with a lid, and put any dough that will not be used in the next hour or two in the fridge.
6. In a separate high-sided container, add the can of tomatoes, garlic powder, and salt. Stir to combine, cover with a lid, and refrigerate.
7. Spray oil onto your hands and an oven safe pan, plop dough into the middle, start stretching it towards the corners of the pan, and spread it to your desired size and thickness.
   - If the dough keeps snapping back, cover it for 15 minutes, then come back and finish stretching. This gives the dough time to relax.
8. Add sauce and spread evenly over the dough with the back of a spoon. Top with mozzarella cheese and bake in a preheated 425°F oven for 12-14 minutes or until cheese is golden brown.
9. Using a spatula, check the bottom of the pizza to make sure it is golden brown as well.
   - If it isn't, you can put it on the stovetop on medium heat and check it every minute or two until it is cooked to your preference.

TIP: Dough can be stored in the fridge up to a week and actually develops MORE flavor over time.

TIP: You can store any unused dough by spreading it out in a lightly oiled gallon bag, freezing it, and removing it about an hour before they need to be used.

STEAK FAJITA DINNER

SERVES 5 | PREP 30 MINS | COOK 50 MINS

INGREDIENTS

STEAK FAJITA

896g top round steak
20g soy sauce
6g salt
2g black pepper
4g baking soda
8g avocado oil (in bowl)
8g avocado oil (in pan)
750g white onion
150g red bell pepper
150g orange bell pepper
150g yellow bell pepper
150g green bell pepper
150g anaheim pepper
8g cumin
8g smoked paprika
8g garlic powder
4g onion powder
4g chili powder
2g dried oregano
10g salt
3g black pepper
40g lime juice
30g avocado oil

DIRECTIONS

1. Preheat the oven to 500°F, add a sheet pan into the oven, preheat 2 large pans on medium heat, and place a large bowl in the freezer.
2. Cut steak diagonally into thin strips and transfer them to a bowl. In the same bowl, add soy sauce, salt, black pepper, baking soda, and avocado oil. Massage these ingredients into the steak, ensuring they are well incorporated.
3. Slice the onions, bell peppers, and anaheim peppers into ¼ inch strips and add to a large bowl.
4. In a small bowl, combine cumin, smoked paprika, garlic powder, onion powder, chili powder, dried oregano, salt, and black pepper. Mix the ingredients together until well blended.
5. Sprinkle the seasonings over the sliced vegetables followed by lime juice and avocado oil. Using your hands, mix all the ingredients together until they are thoroughly combined and evenly coated.
6. Using oven mitts, grab the sheet pan from the oven, add the vegetables to the pan, and spread them out evenly using tongs. Place the sheet pan in the oven and set a timer for 10 minutes.
7. Increase the heat to medium-high on both pans. In one of the pans, add the tomatillos, onion, jalapeño, and serrano pepper. Flip the vegetables every few minutes to ensure they are evenly roasted.
8. Using the other pan, add 4 grams of avocado oil and half of the steak. Spread the steak evenly over the pan's surface and brown for 2-3 minutes. Toss the steak, continue cooking for an additional 1-2 minutes, and transfer to a large bowl.
9. Once the timer goes off, remove the sheet pan from the oven and using tongs, mix the vegetables around the pan. After the vegetables are evenly spread out, place the sheet pan back in the oven and set another timer for 10 minutes.
10. Finish cooking the remaining steak by repeating Step 8. Add the cooked steak to the bowl with the rest of the finished steak.
11. Add the roasted stovetop vegetables into a food processor along with **ROASTED GARLIC**, cilantro, lime juice, water, and salt. Blend the ingredients for 1-2 minutes.
12. Grab the bowl from the freezer, add the salsa to it, and place back into the freezer for 5-10 minutes.
13. Once the timer goes off, turn the broiler on high, mix the vegetables around the pan, and broil them for 2-3 minutes.

INGREDIENTS, CONT

MEXICAN RICE

8g avocado oil
170g white rice, washed
150g tomato sauce
12g chicken bouillon
2g garlic powder
2g onion powder
2g cumin
.5g oregano
400g chicken broth

ROASTED SALSA VERDE

300g tomatillos
50g onion, chopped
62g jalapeño
21g serrano pepper
12g roasted garlic
6g cilantro
15g lime juice
50g water
5g salt

DIRECTIONS, CONT

14. Add the roasted vegetables to the cooked steak and mix thoroughly.
15. Into a medium bowl, add tomato sauce, chicken bouillon, garlic powder, onion powder, cumin, and oregano. Mix thoroughly.
16. Add chicken broth into a measuring cup and microwave for 1-2 minutes or until broth has reached 120°F.
17. Turn the pan that roasted the vegetables onto medium heat, add avocado oil and rice into the pan, and stir to combine. Frequently stir the mixture until the rice has become golden brown.
18. Add the tomato sauce into the pan, stir to combine, and cook for 30 seconds.
19. Add the chicken broth and stir to combine. Once boiling, turn the heat down to low, cover with a lid, and cook for 12 minutes.
20. Keeping the lid on, move the pan off the heat, let it sit for 15 minutes, and stir to combine.
21. To assemble, distribute the steak fajita mix and mexican rice evenly among 5 meal prep containers. Fill 2 oz plastic cups with salsa verde, cover each container with a lid, and refrigerate.
22. When it's time to eat, place a wet paper towel over the meal prep containers and microwave them in 60-second intervals until they are heated through. For more even cooking, mix the ingredients between each interval.

MACROS (1 MEAL PREP)

CHICKEN NOODLE SOUP

SERVES 5 | PREP 20 MINS | COOK 30 MINS

INGREDIENTS

20g olive oil
400g celery, sliced
15g garlic, minced
454g peas and carrots, frozen
340g diced onion, frozen
3g paprika
3g black pepper
48g Better Than Bouillon® roasted chicken base
1814g chicken broth
224g Barilla® Protein+ noodles
255g spinach
1 rotisserie chicken
3g turmeric
8g parsley, chopped
400g chicken broth

DIRECTIONS

1. Add olive oil to a large pot and add to stovetop on medium heat.
2. Chop celery into 1/8 inch slices, add to pot, and stir to coat. Chop parsley.
3. Remove all meat from the rotisserie chicken and give the celery a stir.
4. Chop the chicken into bite sized pieces, add garlic to the pot, and stir.
5. After 45 seconds or the garlic becomes fragrant, add frozen vegetables and stir.
6. Let everything cook for 2-3 minutes, stirring occasionally.
7. Add paprika, black pepper, and Better Than Bouillon® to pot and mix to combine.
8. Add chicken broth and let it heat up for 2-3 minutes.
9. Once broth is simmering, add noodles and cook until al dente.
10. Add chicken and spinach. Gently push down and mix in spinach until completely submerged in chicken broth.
11. Add turmeric, parsley, and extra chicken broth. Give everything a stir and remove from heat.
12. Once cooled, add ~830g of soup to 5 containers and refrigerate.
13. To reheat, add to a bowl, put damp paper towel over the bowl, and microwave for 4-5 minutes.

MACROS (PER SERVING)

- 515 CALORIES
- 10G FAT
- 57G CARBS
- 52G PROTEIN

TIP: You can use the left-over chicken bones and skin to make a homemade chicken broth for the next round of chicken soup. I explain exactly how to do this in the recipe video.

MACROS (PER SERVING)

- 450 CALORIES
- 12G FAT
- 44G CARBS
- 39G NET CARBS
- 51G PROTEIN

CHICKEN PARM SANDWICH

SERVES 5 | PREP 15 MINS | COOK 20 MINS

INGREDIENTS

5 thinly sliced chicken breasts

DREDGE STATION 1

100g AP flour

DREDGE STATION 2

1 egg

1 egg white

DREDGE STATION 3

160g italian seasoned breadcrumbs

16g Parmigiano-Reggiano cheese, grated

5g salt

2g black pepper

MARINARA SAUCE

1 can crushed tomatoes

8g olive oil

7g garlic, minced

1g oregano

6g salt

CHICKEN PARM BUILD

POTATO BUN

Chicken

40g marinara sauce

5g Parmigiano-Reggiano cheese, grated

Oil spray

DIRECTIONS

1. Cut chicken into 140g cutlets.
2. Set up dredging stations into three separate containers and mix each station until well combined.
3. Take a piece of chicken and add it to Dredging Station 1.
4. Cover with flour, making sure to get into all the crevices, and shake off excess flour.
5. Add chicken to Dredging Station 2 and completely soak with egg, making sure there are no dry spots. Let excess liquid drip off.
6. Move chicken to Dredging Station 3 and completely cover with the breadcrumb mixture, making sure to press it into the chicken and all its crevices.
7. Put the breaded chicken on a wire rack and repeat steps 3-6 with another piece of chicken.
8. Lightly spray the top and bottom of the chicken with oil and add it to a preheated 400°F air fryer.
9. Air fry for 6-8 minutes or until internal temperature of the chicken reaches 160°F.
10. Continue breading the remaining chicken and once the first two pieces are finished cooking, put finished chicken on a wire rack and repeat the process until all chicken is cooked.
11. Toast a bun on the bagel setting to make sure only the inside of the bun is browned.
12. Add chicken to the bottom bun followed by marinara sauce and grated parmesan.
13. Add the extra marinara and leftover chicken into separate containers and refrigerate.
14. To reheat, add the chicken to a preheated 350° airfryer for 3-4 minutes and repeat steps 11 and 12 to plate.

PULLED PORK + MAC

SERVES 6 | PREP 20 MINS | COOK 6 HOURS

INGREDIENTS

1134g pork tenderloin
10g avocado oil
196g onion, diced
170g red pepper, diced
15g garlic, minced
16g salt
4g black pepper
8g smoked paprika
5g ground mustard
5g cumin
50g brown sugar erythritol
90g water
60g apple cider vinegar
45g Worcestershire sauce

MEAL PREP BUILD

2 buns (100 cal)
200g pulled pork
40g barbeque sauce (20 cal)
160g **OG MAC AND CHEESE**

MACROS (PER SERVING)

- 604 CALORIES
- 14G FAT
- 89G CARBS
- 50G NET CARBS
- 70G PROTEIN

DIRECTIONS

1. Drain pork tenderloin, pat dry with paper towels, and add to a large bowl.
2. Dice onion and red pepper and mince garlic.
3. Add avocado oil and pork tenderloin to a preheated pan on medium high heat and sear on one side until golden brown.
4. Add salt, black pepper, smoked paprika, ground mustard, cumin, and brown sugar erythritol to a large bowl and mix. Add the seared pork tenderloin into the spice mix.
5. Add onion and red pepper to the pan and mix with remaining oil. Sauté for 2-3 minutes or until onions become translucent.
6. Add garlic to the pan, mix, and sauté for one minute or until garlic becomes fragrant.
7. Place the vegetables into the slow cooker along with the water, apple cider vinegar, and Worcestershire sauce.
8. Completely coat the pork tenderloin with the spice mix and place it in the slow cooker with the raw side facing up.
9. Cook on low for 8-10 hours or on high for 5-6 hours. When a fork easily pierces the tenderloin, it is finished.
10. Take the tenderloin out of the pot, pull the meat apart using two forks, and give the meat a rough chop.
    - For a smooth sauce, pour the pot into a high sided container and blend until smooth.
11. Add the sauce and pulled pork back to the slow cooker and mix.
12. Make the **OG MAC AND CHEESE**.
13. Add pulled pork and mac and cheese to 6 meal prep containers and refrigerate.
14. To reheat, place a damp paper towel over a container and microwave in 1-minute intervals, stirring between each interval until desired temperate is reached.
15. Add pork to buns, top with barbecue sauce, and enjoy.

CHICKEN TINGA TOSTADAS

SERVES 5 | PREP 45 MINS | COOK 5 HOURS

INGREDIENTS

850g chicken breast, thinly sliced
225g onion, diced
10g garlic, minced
4g salt
4g smoked paprika
2g cumin
2g Mexican oregano
8g avocado oil
397g fire roasted tomatoes
105g chipotle peppers in adobo
9g Better Than Bouillon® chicken base
2 bay leaves

TOSTADA PLATE

3 baked tostadas (130 cal)
170g **REFRIED BEANS**
250g chicken tinga
30g avocado
20g lettuce
20g tomato
6g cotija cheese

DIRECTIONS

1. Chop onion, mince garlic, and add salt, smoked paprika, cumin, and Mexican oregano to a small bowl.
2. Add avocado oil and onion to a preheated pot on medium heat. Stir to combine.
3. Once onion becomes translucent, add garlic and seasonings to the pot and mix. Transfer to a slow cooker once the garlic becomes fragrant.
4. Add tomatoes, chipotle peppers, and chicken base to the slow cooker. Stir to combine.
5. Add chicken to the slow cooker, cover the top of the chicken with some of the tomato mix, cover with a lid, and cook on low for 4-6 hours.
   - Chicken should be ½ to ¾ inches thick to cook in this timeframe.
6. Two hours before the chicken is finished cooking, start the **REFRIED BEANS**.
7. Finish the beans, take the chicken out of the pot, and pull the meat apart using two forks.
   - For a smooth sauce, pour the pot into a high sided container and blend until smooth.
8. Add chicken and sauce back into the pot and stir to combine.
9. Place chicken and beans in 5 meal prep containers and refrigerate.
10. To reheat, place a damp paper towel over a container and microwave in 1-minute intervals, stirring between each interval until desired temperate is reached.
11. Top tostada with ingredients in the order listed and eat.

MACROS (PER SERVING)

- 611 CALORIES
- 12G FAT
- 79G CARBS
- 56G PROTEIN

PIZZA POT PIE MEAL PREP

SERVES 5 | PREP 60 MINS | COOK 15 MINS

INGREDIENTS

DOUGH

405g all-purpose flour
5g salt
3g instant yeast
250g water

SAUCE

10g olive oil
80g onion, grated
7g garlic
1g dried oregano
794g Red Gold® crushed tomatoes
5g salt

POT PIE BUILD

1 dough
65g part-skim mozzarella, sliced
40g fat-free mozzarella, shredded
65g sauce
3g butter, melted
Oil spray

MACROS (PER SERVING)

585 CALORIES
17G FAT
69G CARBS
41G PROTEIN

DIRECTIONS

1. Add flour, salt, and yeast to a large bowl. Whisk to combine.
2. Add water and mix the ingredients using a spoon until a shaggy dough forms. Go in with a wet hand, press the dough down, and fold it onto itself. The goal is to get all of the dry ingredients mixed in.
3. Once the dough is fully hydrated, cover for 20 minutes.
4. Using a wet hand, perform a stretch and fold by pulling one side of the dough as high as possible then folding it over itself.
5. Turn the bowl 90 degrees and repeat 3-4 more times until all dough has been stretched.
6. Flip the dough over and form into a ball by sliding your hand underneath the dough and pulling it in a circular motion towards your body.
7. Cover the dough for 20 minutes and repeat steps 4-6. Cover for an additional 20 minutes.
8. Divide the dough into 5 pieces. Each piece should weigh roughly 130g.
9. Form each piece into individual balls by flattening the dough with your fingers, folding each side of the dough into the middle, flipping it over, and rolling it in a circular motion until a ball is formed.
10. Grab 5 high-sided containers, lightly spray oil into each one, put a dough ball into each container, cover with a lid, and refrigerate for 24 hours.
11. Add olive oil and onion to a preheated pot on medium heat and mix. Sauté onion for 2-3 minutes, add garlic and oregano, and stir.
12. Once garlic becomes fragrant, add tomatoes and salt. Stir to combine. When the sauce starts bubbling or boiling, reduce the heat to low, give the pot a mix, and simmer for 15-20 minutes.
13. After cooling, transfer the sauce to a high-sided container and refrigerate.
14. Grab a ceramic bowl that is about 6" wide and 1.5" deep. Lightly spray with oil.
15. Add slices of mozzarella to the bowl, followed by the fat-free mozzarella and sauce.
16. Grab the outside of the dough and rotate it in a circle, letting gravity stretch it out until it is big enough to cover the entire bowl.
17. Lay the dough over the top of the bowl and pat the edges of the dough.

INGREDIENTS, CONT

DIRECTIONS, CONT

18. Heat butter in the microwave until melted. Lightly brush it on the top and sides of the dough.
19. Bake in a preheated 450°F oven for 14-16 minutes or until dough is golden brown.
20. Once finished pull it out, heat 3g of butter in the microwave until melted, and brush on top.
21. With high quality oven mitts, quickly flip the bowl on a tray lined with aluminum foil. Slowly go around the rim with a spoon and pull the bowl away from the pot pie.
22. Brush any remaining butter on top of the crust and place under the broiler on high until the cheese and crust turn golden brown or to your preference.

TIP: You can make multiple pot pies at once and freeze them. To reheat, bake at 450°F for 12-16 minutes.

DIET CHEAT CODES

BUFFALO WING COMBO MEAL

SERVES 5 | PREP 40 MINS | COOK 50 MINS

INGREDIENTS

CHICKEN WINGS

15 whole chicken wings
8g salt
50g flour
50g cornstarch
Oil spray

MEAL PREP BUILD

6 chicken wings
60g buffalo sauce
French fries

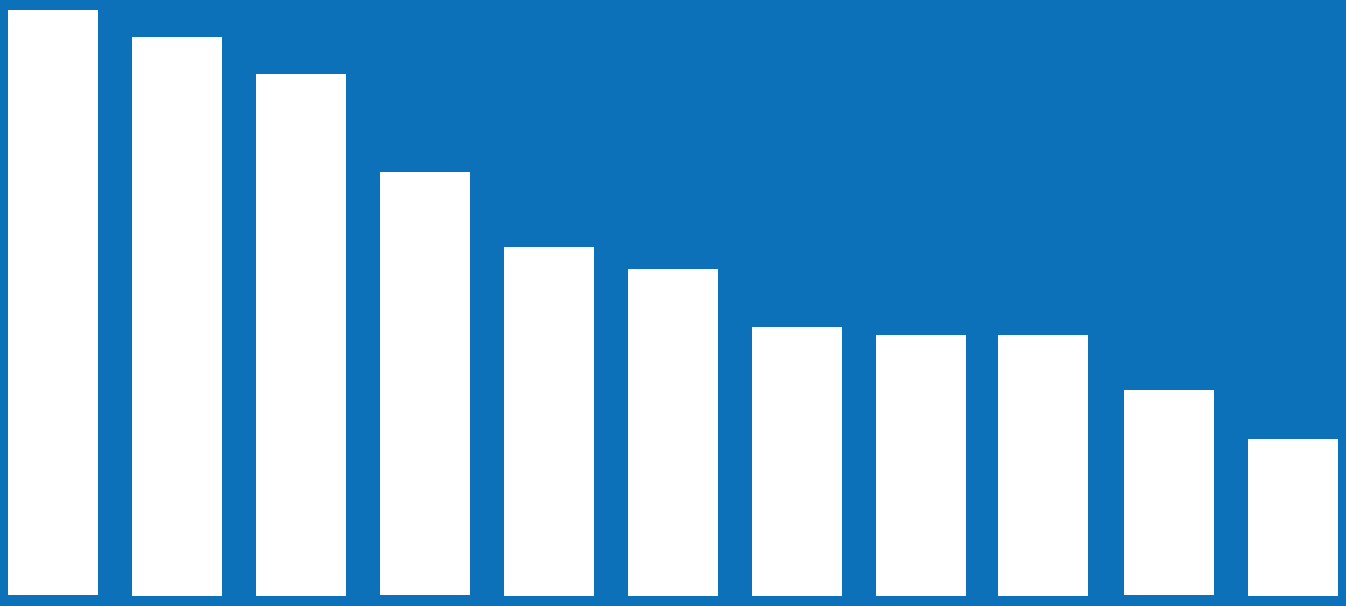
MACROS (PER SERVING)

- 603 CALORIES
- 26G FAT
- 49G CARBS
- 43G PROTEIN

DIRECTIONS

1. Complete steps 1-3 of the **NICKDONALD'S FRENCH FRIES**.
   - You can keep the skins of the potatoes on for this meal prep if you prefer.
2. Pat the chicken wings dry with a paper towel. Using a knife, remove wingtips and discard.
3. Using a knife, separate wings into drums and flats. Pat the chicken wings dry with a paper towel.
   - You can buy flats and drums that are already separated; they will just be more expensive.
4. Add salt to both sides of the wings and place in a bowl.
5. Add flour and cornstarch and toss until evenly coated.
6. Add a layer of wings to a preheated 400°F air fryer, lightly spray the top of the wings with oil, and repeat layering/oil combination until all wings are added.
7. Cook for 25 minutes, shaking every 8-10 minutes for even browning.
8. While the wings cook, make the **BUFFALO SAUCE**.
9. Complete step 4 of the Nickdonald's French Fries.
10. Place finished wings into a large bowl and wipe down the air fryer using paper towels.
11. Complete steps 5-7 of the Nickdonald's French Fries.
12. Once the fries have cooled, separate everything into 5 meal prep containers and refrigerate.
13. When it's time to dig in, place the wings in a preheated 400°F air fryer for 6-8 minutes. Add the fries during the last 3 minutes of the cooking process.
14. Add buffalo sauce and wings into a large bowl and toss to coat. Plate the combo meal and go to town.

REFERENCE



TABLES

MASTER RECIPE NUTRITION TABLE

Alphabetical Order

	PER SERVING					ENTIRE BATCH				
RECIPE	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)
$1 Pizza Meal Prep	651	14	91		40	3255	69	453		202
1 Hour Calzone	501	16	55	45	44					
1 Hour Plzza	729	24	58		68	1458	49	116	0	136
200 Calorie Breakfast Burrito	436	19	41	19	49					
Animal Cracker Freeze (Blizzard)	489	12	68	48	45					
Apple Pie Ice Cream	375	11	68	26	41					
Banana Bread Muffins	101	3	12		7	1314	33	159		96
Banana Pancakes	361	2	72	47	37					
BBQ Chicken Sheet Pan Pizza	430	11	46		39	3438	85	366		315
Beefy 5 Layer	517	18	70	34	54	2067	74	280	136	215
Beefy Poblano Quesadilla	306	13	21	10	35					
Birthday Cake Cookie Dough (60g)	158	5	22	15	12	937	32	129	87	69
Birthday Cake French Toast	506	8	96	70	37					
Birthday Cake Milkshake	464	10	70	40	52					
Breakfast Sausage Patties	144	7	3		18	797	38	14		97
Buffalo Mac and Cheese	722	12	107		49	1443	24	215		98
Buffalo Sauce (30g)	29	2	3		0	299	25	32		1
Buffalo Wing Combo Meal	603	26	49		43	3017	132	246		213
Burrito Tortillas	177	4	37	22	14	354	8	74	34	28
Candied Pecans	147	15	8	2	3	1650	160	88	38	28
Cantaloupe Sorbet	102	0	44	24	3					
Caramel Pumpkin Spice Protein Ice Cream	505	6	69	49	61					
Cheese + Pep Sheet Pan Pizza	116	4	12		8	3709	140	371		262
Cheesy Gordita Crunch	303	13	30	24	24					
Cherry Chocolate Chunk	497	22	78	38	39					
Chicken Alfredo Pizza	903	18	101		89					
Chicken Gyro	264	7	23	17	33					
Chicken Gyro Salad	481	4	30		83					
Chicken Noodle Soup	515	10	57		52	2573	52	283		260
Chicken Parmesan Sandwich	412	10	40		44					
Chicken Parmesan Sandwich Meal Prep	450	12	44	39	51	2252	58	218	189	253
Chicken Strips	349	7	19		52	1745	37	95		260
Chicken Tinga Tostadas	611	12	79		56	3053	58	393		282
Chipotle Aioli (30g)	34	2	3		1	660	40	59	49	22

MASTER RECIPE NUTRITION TABLE

Alphabetical Order

	PER SERVING					ENTIRE BATCH				
RECIPE	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)
Chocolate Base "Good"	143	6	56	6	11					
Chocolate Base "Better"	225	6	62	12	25					
Chocolate Base "Best"	345	14	71	21	28					
Chocolate Chip Cookie Dough (60g)	156	6	17	13	12	965	35	106	82	72
Chocolate Chip Cookie Freeze (Blizzard)	497	13	67	47	45					
Cilantro Lime Salsa (30g)	20	1	1		2	205	7	12		25
Cinnamon Toast Crunch Ice Cream	162	5	66	16	10					
Cocoa Pebbles Ice Cream	176	6	64	14	12					
Cookie Dough Protein Ice Cream	501	12	60	41	55					
Cookies & Cream Ice Cream	512	12	61	51	49					
Cookies N' Cream NickFlurry	547	5	88	58	53					
Cotton Candy Protein Ice Cream	384	6	50	35	46					
Crispy Rice Squares	150	3	22	19	11	1354	29	195	171	101
Crunchy Cinnamon Squares Protein Ice Cream V1	368	3	35	17	67					
Crunchy Cinnamon Squares Protein Ice Cream V2	394	7	55	45	39					
Deep Dish Pizza	363	14	32		28	2901	111	259		226
Detroit Pizza	612	19	57		53	1225	38	114		105
Dominos Cheesy Bread	985	29	114	109	75					
Dumpling Fried Rice	311	13	38		18					
Eggnog Ice Cream	342	10	66	26	35					
Elote Salad	577	19	53		55					
Foolproof Homemade Marinara (61g)	25	1	5	4	1	372	9	71	61	12
French Toast Roll Ups	446	2	91	56	53					
Fruity Pebbles Ice Cream	205	5	67	27	10					
Grapefruit Sorbet	73	0	69	19	2					
Ham and Cheese Pita	289	11	32	26	24					
Hazelnut Protein Ice Cream	492	15	74	39	48					
Hoagie Rolls	306	3	50		20	1225	13	199		78
Homemade Marinara (Cooked) (61g)	32	1	6	5	1	441	11	78	73	13
Honey Butter Biscuit	381	12	32		36					
Italian Beef Pizza	479	20	32		43	1915	80	128		173
Italian Sausage (92g)	133	6	2		18	665	29	10		92

MASTER RECIPE NUTRITION TABLE

Alphabetical Order

	PER SERVING					ENTIRE BATCH				
RECIPE	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)
Jalapeno Cheeseburger Nickwrap	452	19	57	26	44					
Jalapeno Popper Grilled Cheese	412	17	35		33					
Japanese Pancakes	350	11	45	20	39					
Jumbo Blueberry Muffins	252	6	43	26	23	1510	39	257	157	135
Jumbo Chocolate Chip Muffins	261	10	42	22	22	1568	57	249	129	133
Pumpkin Cheesecake Muffins	258	9	41	25	20	1549	53	248	150	120
Kimchi Fried Rice	308	14	30		20					
Lemon Glaze Muffins	102	3	17	10	9	1429	43	232	132	123
Lemon Protein Ice Cream	506	9	72	42	64					
Lou's Sausage Deep Dish	387	18	25		31	2321	107	151		184
Lucky Charms Ice Cream (Creami)	160	5	61	16	11					
Mac + Cheese Egg Rolls	271	3	42		21	1084	12	167		83
Maple Syrup	0	0	4	0	0	11	0	78	3	0
McChicken Meal Prep	541	11	72		41	2703	55	360		206
McDonalds Breakfast Burrito	466	19	46	24	49					
McDonalds French Fries	172	2	36		4	861	9	181		21
Meatball Sandwich on Garlic Bread	528	38	31		44					
Meatball Sub	917	25	89		84					
Mexican Pizza	395	12	52	30	40					
Mint Chocolate Cookie Protein Ice Cream	571	11	78	48	69					
Mint Cookie Freeze (Blizzard)	490	11	71	51	44					
Mozzarella Sticks	498	23	29		42					
NickChicken	368	9	36		37	1842	46	179		185
NickChicken Meal Prep	541	11	72		41	2703	55	360		206
NickDonalds French Fries	172	2	36		4	861	9	181		21
Nickwrap Supreme	456	21	53	28	45					
Oatmeal Creme Pie Protein Ice Cream	432	9	60	51	38					
OG Mac and Cheese	656	9	103		44	1312	19	207		88
Oreo Cookie Dough (60g)	143	5	20	16	10	1185	43	163	131	84
Oreo O's Ice Cream (Creami)	169	6	69	19	11					
Pan Pizza	983	27	106	103	86					
Parmesan Garlic Sauce (30g)	48	3	3		2	387	28	27	22	14
Parmesan Garlic Wings	418	11	25		56	1253	33	76		167

MASTER RECIPE NUTRITION TABLE

Alphabetical Order

	PER SERVING					ENTIRE BATCH				
RECIPE	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)
Peach Sorbet	117	1	59	29	3					
Peanut Butter Cookie Dough (60g)	162	7	15	11	14	1099	45	104	76	97
Peanut Butter Cup Milkshake	558	16	69	39	67					
Pecan Pie Freeze (Blizzard)	594	21	78	53	53					
Peppermint Chip Milkshake (Chicfila)	507	13	68	40	55					
Pizza Pot Pie	619	18	71		47	1237	36	141		94
Pizza Pot Pie Meal Prep	585	17	69	/	41	2926	86	346	/	204
Potato Buns	155	4	24	20	11	931	23	145	121	65
Protein Baguette (7")	321	1	59		20	2567	5	473		157
Protein Bread (26g)	59	1	9		6	1373	11	195		128
Protein Breadsticks	117	2	19	18	8	701	11	112	106	46
Protein Buns	158	1	28	25	10	945	8	170	152	62
Protein Pita	106	3	19	13	8	212	5	38	26	17
Pulled Pork + Mac	604	14	89	50	70	3624	81	536	300	418
Pumpkin Pie Muffins	97	3	14	11	7	1261	35	176	136	97
Raspberry Sorbet	120	2	67	27	3					
Reeses Puffs Ice Cream (Creami)	170	5	60	15	14					
Refried Beans	152	1	31		11	761	6	156		54
Reuben	486	19	32		47					
Russian Dressing (30g)	31	2	2		1	272	14	18		7
Salsa Crema (30g)	14	0	1		2	165	0	17		24
Salted Caramel Brownie Protein Ice Cream	523	12	72	54	45					
Shrimp Fried Rice	296	8	27		30					
Sloppy Joes	198	7	24	6	26	1979	67	241	61	257
Smashburger	487	20	34		43					
Smashburger Salad	533	20	27		59					
Smores Protein Ice Cream	460	3	80	62	44					
Snickerdoodle Cookie Dough (60g)	153	6	20	12	13	981	35	128	80	81
Steak Fajita Dinner	614	19	64		52	3068	94	319		259
Steak Tacos	438	19	25		39	2189	97	123		196
Strawberry Donut Milkshake	513	10	70	50	52					
Strawberry Soft Serve (Frosty)	388	2	78	53	37					
Strawberry Sorbet	96	0	44	24	3					
Taco Bell Spicy Ranch (30g)	35	2	2		2	482	33	25		22

MASTER RECIPE NUTRITION TABLE

Alphabetical Order

	PER SERVING					ENTIRE BATCH				
RECIPE	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)	CALORIES	FAT (G)	CARBS (G)	NET CARB (G)	PROTEIN (G)
Taco Egg Rolls	158	4	15		14					
Tzatziki Sauce (30g)	18	0	1		3	186	4	10		29
Vanilla Base "Good"	143	5	53	8	14					
Vanilla Base "Better"	201	4	57	12	24					
Vanilla Base "Best"	285	13	58	13	26					
Watermelon Sorbet	99	0	46	26	3					

DIET CHEAT CODES

MEAT + SEAFOOD MACROS

Alphabetical Order

PER 85G COOKED (113G RAW)	CALORIES	FAT	CARBS	PROTEIN
80/20 Ground Beef	290	22	0	19
85/15 Ground Beef	240	17	0	21
90/10 Ground Beef	200	11	0	23
93/7 Ground Beef	170	8	0	23
96/4 Ground Beef	140	5	0	24
Anchovies	156	9	0	19
Baby Back Ribs	300	25	0	19
Bacon	400	35	0	30
Beef Brisket	314	25	0	21
Beef Tenderloin	170	8	0	24
Boneless Chuck Roast	300	24	0	19
Bottom Round Roast	140	4	0	24
Calamari (Squid)	104	2	0	18
Catfish	122	6	0	16
Caviar	224	15	3	21
Chicken Breasts, skinless	110	1	0	25
Chicken Drumsticks	204	11	0	25
Chicken Drumsticks, skinless	144	5	0	24
Chicken Thighs, skinless	140	5	0	22
Chicken Wings	240	16	0	23
Chicken Wings, air fried	170	10	1	18
Chicken Wings, skinless	154	6	0	23
Clams	126	2	4	22
Cod	71	0	0	17
Crab, Blue	71	1	0	15
Crab, King	82	1	0	17
Crab, Snow	77	1	0	16
Eel (Unagi)	201	13	0	20
Filet Mignon	227	15	0	23
Flank Steak	175	8	0	24
Flat Iron Steak	189	11	0	21
Frog Legs	82	0	0	18
Lobster, Northern	76	1	0	16
Lobster, Rock	122	2	3	22
Mock Tender Steak	148	6	0	24
New York Strip Steak	260	18	0	23
Oxtail	288	19	0	29
Oysters, Eastern	87	3	5	10
Oysters, Pacific	139	4	8	16

MEAT + SEAFOOD MACROS, CONT

Alphabetical Order

PER 85G COOKED (113G RAW)	CALORIES	FAT	CARBS	PROTEIN
Pollock	74	1	0	17
Pork Chop	175	8	0	24
Pork Sirloin Roast	190	10	0	23
Pork Tenderloin	123	3	0	24
Ranch Steak	155	7	0	22
Rib Tips	210	12	0	23
Ribeye Steak	280	22	0	21
Salmon, Atlantic (Farmed)	240	15	0	23
Salmon, Pink	130	5	0	21
Salmon, Sockeye	133	5	0	23
Sardines	150	8	0	20
Short Ribs	271	22	0	19
Shrimp	84	0	0	20
Skirt Steak	187	10	0	22
Spareribs	313	26	0	18
T-Bone Steak	170	7	0	25
Tilapia	110	2	0	23
Top Round Steak	144	4	0	27
Top Sirloin Steak	242	16	0	23
Trout	162	7	0	23
Tuna, Albacore	100	1	0	21
Tuna, Chunk Light	71	1	0	16

MEAT + SEAFOOD MACROS

Calories (least to most)

PER 85G COOKED (113G RAW)	CALORIES	FAT	CARBS	PROTEIN
Cod	71	0	0	17
Crab, Blue	71	1	0	15
Tuna, Chunk Light	71	1	0	16
Pollock	74	1	0	17
Lobster, Northern	76	1	0	16
Crab, Snow	77	1	0	16
Crab, King	82	1	0	17
Frog Legs	82	0	0	18
Shrimp	84	0	0	20
Oysters, Eastern	87	3	5	10
Tuna, Albacore	100	1	0	21
Calamari (Squid)	104	2	0	18
Chicken Breasts, skinless	110	1	0	25
Tilapia	110	2	0	23
Catfish	122	6	0	16
Lobster, Rock	122	2	3	22
Pork Tenderloin	123	3	0	24
Clams	126	2	4	22
Salmon, Pink	130	5	0	21
Salmon, Sockeye	133	5	0	23
Oysters, Pacific	139	4	8	16
96/4 Ground Beef	140	5	0	24
Bottom Round Roast	140	4	0	24
Chicken Thighs, skinless	140	5	0	22
Top Round Steak	144	4	0	27
Chicken Drumsticks, skinless	144	5	0	24
Mock Tender Steak	148	6	0	24
Sardines	150	8	0	20
Chicken Wings, skinless	154	6	0	23
Ranch Steak	155	7	0	22
Anchovies	156	9	0	19
Trout	162	7	0	23
93/7 Ground Beef	170	8	0	23
Beef Tenderloin	170	8	0	24
Chicken Wings, air fried	170	10	1	18
T-Bone Steak	170	7	0	25
Flank Steak	175	8	0	24
Pork Chop	175	8	0	24
Skirt Steak	187	10	0	22

MEAT + SEAFOOD MACROS, CONT

Calories (least to most)

PER 85G COOKED (113G RAW)	CALORIES	FAT	CARBS	PROTEIN
Flat Iron Steak	189	11	0	21
Pork Sirloin Roast	190	10	0	23
90/10 Ground Beef	200	11	0	23
Eel (Unagi)	201	13	0	20
Chicken Drumsticks	204	11	0	25
Rib Tips	210	12	0	23
Caviar	224	15	3	21
Filet Mignon	227	15	0	23
85/15 Ground Beef	240	17	0	21
Chicken Wings	240	16	0	23
Salmon, Atlantic (Farmed)	240	15	0	23
Top Sirloin Steak	242	16	0	23
New York Strip Steak	260	18	0	23
Short Ribs	271	22	0	19
Ribeye Steak	280	22	0	21
Oxtail	288	19	0	29
80/20 Ground Beef	290	22	0	19
Baby Back Ribs	300	25	0	19
Boneless Chuck Roast	300	24	0	19
Spareribs	313	26	0	18
Beef Brisket	314	25	0	21
Bacon	400	35	0	30

FRUIT MACROS

Alphabetical Order

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Apples, fuji	65	0.2	15.6	0.2	2.1
Apples, gala	61	0.2	14.8	0.1	2.1
Apples, honeycrisp	60	0.1	14.7	0.1	1.7
Apples, granny smith	59	0.1	14.1	0.3	2.5
Apples, red delicious	62	0.2	14.8	0.2	2
Apples, general	52	0.2	13.8	0.3	2.4
Apricots	48	0.4	11	1.4	2
Avocado	160	14.7	8.5	2	6.7
Bananas	89	0.3	23	1.1	2.6
Blackberries	43	0.5	9.6	1.4	5.3
Blueberries	57	0.3	14.5	0.7	2.4
Boysenberry	50	0.3	12.2	1.1	5.3
Cantaloupe	34	0.2	8.2	0.8	0.9
Clemintines	47	0.2	12	0.9	1.7
Coconut	354	33.5	15.2	3.3	9
Cranberry	46	0.1	12	0.5	3.6
Dragon Fruit	57	0.1	15.2	0.4	3.1
Durian	147	5.3	27.1	1.5	3.8
Figs	74	0.3	19.2	0.8	2.9
Grapefruit	33	0.1	8.4	0.7	1.1
Grapes, green	80	0.2	18.6	0.9	0.9
Grapes, red	86	0.2	20.2	0.9	0.9
Guava	68	1	14.3	2.6	5.4
Honeydew	36	0.1	9.1	0.5	0.8
Jackfruit	95	0.6	23.2	1.7	1.5
Kiwi	64	0.4	14	1.1	3
Kumquat	71	0.9	15.9	1.9	6.5
Lemon	29	0.3	9.3	1.1	2.8
Lemon, juice	22	0.2	7	0.4	0.3
Lime	30	0.2	10.5	0.7	2.8
Lime, juice	25	0.1	8.4	0.4	0.4
Lychee	66	0.4	16.5	0.8	1.3
Mango	60	0.4	15	0.8	1.6
Nectarine	44	0.3	10.6	1.1	1.7
Olives	145	15.3	3.8	1	3.3
Oranges	52	0.2	11.8	0.9	2
Papaya	43	0.3	10.8	0.5	1.7
Passion Fruit	97	0.7	23.4	2.2	10.4
Peaches	39	0.3	9.5	0.9	1.5

FRUIT MACROS, CONT

Alphabetical Order

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Pears	57	0.1	15.2	0.4	3.1
Persimmon	70	0.2	18.6	0.6	3.6
Pineapple	60	0.2	14.1	0.5	0.9
Plantain	122	0.4	31.9	1.3	1.7
Plums	46	0.3	11.4	0.7	1.4
Pomegranate	83	1.2	18.7	1.7	4
Rambutan	73	0.3	16	0.9	2.8
Raspberries	52	0.7	11.9	1.2	6.5
Cherries, Sour	50	0.3	12.2	1	1.6
Cherries, Sweet	63	0.2	16	1.1	2.1
Starfruit	31	0.3	6.7	1	2.8
Strawberries	32	0.3	7.7	0.7	2
Tangerines	53	0.3	13.3	0.8	1.8
Watermelon	30	0.2	7.6	0.6	0.4

FRUIT MACROS

Calories (least to most)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Lemon, juice	22	0.2	7	0.4	0.3
Lime, juice	25	0.1	8.4	0.4	0.4
Lemon	29	0.3	9.3	1.1	2.8
Lime	30	0.2	10.5	0.7	2.8
Watermelon	30	0.2	7.6	0.6	0.4
Starfruit	31	0.3	6.7	1	2.8
Strawberries	32	0.3	7.7	0.7	2
Grapefruit	33	0.1	8.4	0.7	1.1
Cantaloupe	34	0.2	8.2	0.8	0.9
Honeydew	36	0.1	9.1	0.5	0.8
Peaches	39	0.3	9.5	0.9	1.5
Blackberries	43	0.5	9.6	1.4	5.3
Papaya	43	0.3	10.8	0.5	1.7
Nectarine	44	0.3	10.6	1.1	1.7
Cranberry	46	0.1	12	0.5	3.6
Plums	46	0.3	11.4	0.7	1.4
Clemintines	47	0.2	12	0.9	1.7
Apricots	48	0.4	11	1.4	2
Boysenberry	50	0.3	12.2	1.1	5.3
Cherries, Sour	50	0.3	12.2	1	1.6
Apples, general	52	0.2	13.8	0.3	2.4
Oranges	52	0.2	11.8	0.9	2
Raspberries	52	0.7	11.9	1.2	6.5
Tangerines	53	0.3	13.3	0.8	1.8
Blueberries	57	0.3	14.5	0.7	2.4
Dragon Fruit	57	0.1	15.2	0.4	3.1
Pears	57	0.1	15.2	0.4	3.1
Apples, granny smith	59	0.1	14.1	0.3	2.5
Apples, honeycrisp	60	0.1	14.7	0.1	1.7
Mango	60	0.4	15	0.8	1.6
Pineapple	60	0.2	14.1	0.5	0.9
Apples, gala	61	0.2	14.8	0.1	2.1
Apples, red delicious	62	0.2	14.8	0.2	2
Cherries, Sweet	63	0.2	16	1.1	2.1
Kiwi	64	0.4	14	1.1	3
Apples, fuji	65	0.2	15.6	0.2	2.1
Lychee	66	0.4	16.5	0.8	1.3
Guava	68	1	14.3	2.6	5.4
Persimmon	70	0.2	18.6	0.6	3.6

FRUIT MACROS, CONT

Calories (least to most)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Kumquat	71	0.9	15.9	1.9	6.5
Rambutan	73	0.3	16	0.9	2.8
Figs	74	0.3	19.2	0.8	2.9
Grapes, green	80	0.2	18.6	0.9	0.9
Pomegranate	83	1.2	18.7	1.7	4
Grapes, red	86	0.2	20.2	0.9	0.9
Bananas	89	0.3	23	1.1	2.6
Jackfruit	95	0.6	23.2	1.7	1.5
Passion Fruit	97	0.7	23.4	2.2	10.4
Plantain	122	0.4	31.9	1.3	1.7
Olives	145	15.3	3.8	1	3.3
Durian	147	5.3	27.1	1.5	3.8
Avocado	160	14.7	8.5	2	6.7
Coconut	354	33.5	15.2	3.3	9

FRUIT MACROS

Fiber (most to least)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Passion Fruit	97	0.7	23.4	2.2	10.4
Coconut	354	33.5	15.2	3.3	9
Avocado	160	14.7	8.5	2	6.7
Kumquat	71	0.9	15.9	1.9	6.5
Raspberries	52	0.7	11.9	1.2	6.5
Guava	68	1	14.3	2.6	5.4
Blackberries	43	0.5	9.6	1.4	5.3
Boysenberry	50	0.3	12.2	1.1	5.3
Pomegranate	83	1.2	18.7	1.7	4
Durian	147	5.3	27.1	1.5	3.8
Cranberry	46	0.1	12	0.5	3.6
Persimmon	70	0.2	18.6	0.6	3.6
Olives	145	15.3	3.8	1	3.3
Dragon Fruit	57	0.1	15.2	0.4	3.1
Pears	57	0.1	15.2	0.4	3.1
Kiwi	64	0.4	14	1.1	3
Figs	74	0.3	19.2	0.8	2.9
Lemon	29	0.3	9.3	1.1	2.8
Lime	30	0.2	10.5	0.7	2.8
Rambutan	73	0.3	16	0.9	2.8
Starfruit	31	0.3	6.7	1	2.8
Bananas	89	0.3	23	1.1	2.6
Apples, granny smith	59	0.1	14.1	0.3	2.5
Apples, general	52	0.2	13.8	0.3	2.4
Blueberries	57	0.3	14.5	0.7	2.4
Apples, fuji	65	0.2	15.6	0.2	2.1
Apples, gala	61	0.2	14.8	0.1	2.1
Cherries, Sweet	63	0.2	16	1.1	2.1
Apples, red delicious	62	0.2	14.8	0.2	2
Apricots	48	0.4	11	1.4	2
Oranges	52	0.2	11.8	0.9	2
Strawberries	32	0.3	7.7	0.7	2
Tangerines	53	0.3	13.3	0.8	1.8
Apples, honeycrisp	60	0.1	14.7	0.1	1.7
Clemintines	47	0.2	12	0.9	1.7
Nectarine	44	0.3	10.6	1.1	1.7
Papaya	43	0.3	10.8	0.5	1.7
Plantain	122	0.4	31.9	1.3	1.7
Mango	60	0.4	15	0.8	1.6

FRUIT MACROS, CONT

Fiber (most to least)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Cherries, Sour	50	0.3	12.2	1	1.6
Jackfruit	95	0.6	23.2	1.7	1.5
Peaches	39	0.3	9.5	0.9	1.5
Plums	46	0.3	11.4	0.7	1.4
Lychee	66	0.4	16.5	0.8	1.3
Grapefruit	33	0.1	8.4	0.7	1.1
Cantaloupe	34	0.2	8.2	0.8	0.9
Grapes, green	80	0.2	18.6	0.9	0.9
Grapes, red	86	0.2	20.2	0.9	0.9
Pineapple	60	0.2	14.1	0.5	0.9
Honeydew	36	0.1	9.1	0.5	0.8
Lime, juice	25	0.1	8.4	0.4	0.4
Watermelon	30	0.2	7.6	0.6	0.4
Lemon, juice	22	0.2	7	0.4	0.3

VEGETABLE MACROS

Alphabetical Order

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Anaheim Pepper	27	0.5	5.4	1.7	3.4
Artichoke	47	0.2	10.5	3.3	5.4
Arugula	25	0.7	3.7	2.6	1.6
Asparagus	20	0.1	3.9	2.2	2.1
Banana Pepper	27	0.5	5.4	1.7	3.4
Beans, black (dry)*	286	0	63	23	14
Beets	43	0.2	9.6	1.6	2.8
Bitter Melon (Bitter Gourd)	17	0.2	3.7	1	2.8
Bok Choy	13	0.2	2.2	1.5	1
Broccoflower	31	0.3	6.1	3	3.2
Broccoli	34	0.4	6.6	2.8	2.6
Brussel Sprouts	43	0.3	9	3.4	3.8
Cabbage	25	0.1	5.8	1.3	2.5
Carrots	41	0.2	9.6	0.9	2.8
Cassava/Yucca	160	0.3	38.1	1.4	1.8
Cauliflower	25	0.3	5	1.9	2
Celery	14	0.2	3	0.7	1.6
Cilantro	23	0.5	3.7	2.1	2.8
Collard Greens	32	0.6	5.4	3	4
Cucumber	15	0.1	3.6	0.7	0.5
Dandelion Greens	45	0.7	9.2	2.7	3.5
Edamame	109	4.7	7.6	11.2	4.8
Eggplant	25	0.2	5.9	1	3
Endive	17	0.2	3.4	1.3	3
Fennel	31	0.2	7.3	1.2	3.1
Fiddleheads	34	0.4	5.5	4.6	
Garlic	149	0.5	33	6	2.1
Green Beans	31	0.2	7	1.8	2.7
Green Bell Pepper	20	0.2	4.6	0.9	1.7
Green Onion	32	0.2	7	1.8	2.6
Iceburg Lettuce	14	0.1	3	0.9	1.2
Jalapenos	29	0.4	7	0.9	2.8
Kale	35	1.5	4.4	2.9	4.1
Moringa (pods)	37	0.2	8.5	2.1	3.2
Mushroom, portabella	32	0.3	4.7	2.8	1.9
Mushroom, shiitake	44	0.2	8.2	2.4	4.2
Mushroom, white button	31	0.4	4.1	2.9	1.7
Nopalitos	16	0.1	3.3	1.3	2.2
Okra	33	0.2	7.5	1.9	3.2

VEGETABLE MACROS, CONT

Alphabetical Order

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Orange Bell Pepper	32	0.2	6.7	0.9	1
Parsley	36	0.8	6.3	3	3.3
Parsnips	75	0.3	18	1.2	4.9
Peas	81	0.4	14.4	5.4	5.7
Poblano Peppers	20	0.2	4.6	0.9	1.7
Potatoes, Gold	74	0	17.6	2	1.4
Potatoes, Red	70	0.1	15.9	1.9	1.7
Potatoes, Russet	79	0.1	18.1	2.1	1.3
Potatoes, Sweet**	90	0.2	20.7	2	3.3
Pumpkin	26	0.1	6.5	1	0.5
Radish	16	0.1	3.4	0.7	1.6
Rapini	22	0.5	2.9	3.2	2.7
Red Bell Pepper	26	0.3	6	1	2.1
Red Onion	44	0.1	9.9	0.9	2.2
Rhubarb	21	0.2	4.5	1	1.8
Romaine Lettuce	17	0.3	3.3	1.2	2.1
Rutabaga	37	0.2	8.6	1.1	2.3
Serrano Pepper	32	0.4	6.7	1.7	3.7
Snowpeas	42	0.2	7.6	2.8	2.6
Spinach	23	0.4	3.6	2.9	2.2
Sprouts (alfalfa)	23	0.7	2.1	4	1.9
Squash, Butternut	45	0.1	11.7	1	2
Squash, Chayote	19	0.1	4.5	0.8	1.7
Squash, Spaghetti	31	0.6	6.9	0.6	1.5
Swiss Chard/Beets Greens	19	0.2	3.7	1.8	1.6
Tomatillos	32	1	5.8	1	1.9
Tomatoes	18	0.2	3.9	0.9	1.2
Turnip	28	0.1	6.4	0.9	1.8
Watercress	11	0.1	1.3	2.3	0.5
White Onion	40	0.1	9.3	1.1	1.7
Yellow Corn	86	1.4	18.7	3.3	2
Yellow Bell Pepper	27	0.2	6.3	1	0.9
Zucchini	17	0.3	3.1	1.2	1

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**Calories and macros based on baked version since there is no raw data information in the database

VEGETABLE MACROS

Calories (least to most)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Watercress	11	0.1	1.3	2.3	0.5
Bok Choy	13	0.2	2.2	1.5	1
Celery	14	0.2	3	0.7	1.6
Iceburg Lettuce	14	0.1	3	0.9	1.2
Cucumber	15	0.1	3.6	0.7	0.5
Nopalitos	16	0.1	3.3	1.3	2.2
Radish	16	0.1	3.4	0.7	1.6
Bitter Melon (Bitter Gourd)	17	0.2	3.7	1	2.8
Endive	17	0.2	3.4	1.3	3
Romaine Lettuce	17	0.3	3.3	1.2	2.1
Zucchini	17	0.3	3.1	1.2	1
Tomatoes	18	0.2	3.9	0.9	1.2
Squash, Chayote	19	0.1	4.5	0.8	1.7
Swiss Chard/Beets Greens	19	0.2	3.7	1.8	1.6
Asparagus	20	0.1	3.9	2.2	2.1
Green Bell Pepper	20	0.2	4.6	0.9	1.7
Poblano Peppers	20	0.2	4.6	0.9	1.7
Rhubarb	21	0.2	4.5	1	1.8
Rapini	22	0.5	2.9	3.2	2.7
Cilantro	23	0.5	3.7	2.1	2.8
Spinach	23	0.4	3.6	2.9	2.2
Sprouts (alfalfa)	23	0.7	2.1	4	1.9
Arugula	25	0.7	3.7	2.6	1.6
Cabbage	25	0.1	5.8	1.3	2.5
Cauliflower	25	0.3	5	1.9	2
Eggplant	25	0.2	5.9	1	3
Pumpkin	26	0.1	6.5	1	0.5
Red Bell Pepper	26	0.3	6	1	2.1
Yellow Bell Pepper	27	0.2	6.3	1	0.9
Anaheim Pepper	27	0.5	5.4	1.7	3.4
Banana Pepper	27	0.5	5.4	1.7	3.4
Turnip	28	0.1	6.4	0.9	1.8
Jalapenos	29	0.4	7	0.9	2.8
Broccoflower	31	0.3	6.1	3	3.2
Fennel	31	0.2	7.3	1.2	3.1
Green Beans	31	0.2	7	1.8	2.7
Mushroom, white button	31	0.4	4.1	2.9	1.7
Squash, Spaghetti	31	0.6	6.9	0.6	1.5
Collard Greens	32	0.6	5.4	3	4

VEGETABLE MACROS, CONT

Calories (least to most)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Green Onion	32	0.2	7	1.8	2.6
Mushroom, portabella	32	0.3	4.7	2.8	1.9
Orange Bell Pepper	32	0.2	6.7	0.9	1
Tomatillos	32	1	5.8	1	1.9
Okra	33	0.2	7.5	1.9	3.2
Broccoli	34	0.4	6.6	2.8	2.6
Fiddleheads	34	0.4	5.5	4.6	
Kale	35	1.5	4.4	2.9	4.1
Parsley	36	0.8	6.3	3	3.3
Moringa (pods)	37	0.2	8.5	2.1	3.2
Rutabaga	37	0.2	8.6	1.1	2.3
White Onion	40	0.1	9.3	1.1	1.7
Carrots	41	0.2	9.6	0.9	2.8
Snowpeas	42	0.2	7.6	2.8	2.6
Beets	43	0.2	9.6	1.6	2.8
Brussel Sprouts	43	0.3	9	3.4	3.8
Mushroom, shiitake	44	0.2	8.2	2.4	4.2
Red Onion	44	0.1	9.9	0.9	2.2
Dandelion Greens	45	0.7	9.2	2.7	3.5
Squash, Butternut	45	0.1	11.7	1	2
Artichoke	47	0.2	10.5	3.3	5.4
Potatoes, Red	70	0.1	15.9	1.9	1.7
Potatoes, Gold	74	0	17.6	2	1.4
Parsnips	75	0.3	18	1.2	4.9
Potatoes, Russet	79	0.1	18.1	2.1	1.3
Peas	81	0.4	14.4	5.4	5.7
Yellow Corn	86	1.4	18.7	3.3	2
Potatoes, Sweet**	90	0.2	20.7	2	3.3
Edamame	109	4.7	7.6	11.2	4.8
Garlic	149	0.5	33	6	2.1
Cassava/Yucca	160	0.3	38.1	1.4	1.8
Beans, black (dry)*	286	0	63	23	14

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VEGETABLE MACROS

Fiber (most to least)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Beans, black (dry)*	286	0	63	23	14
Peas	81	0.4	14.4	5.4	5.7
Artichoke	47	0.2	10.5	3.3	5.4
Parsnips	75	0.3	18	1.2	4.9
Edamame	109	4.7	7.6	11.2	4.8
Mushroom, shiitake	44	0.2	8.2	2.4	4.2
Kale	35	1.5	4.4	2.9	4.1
Collard Greens	32	0.6	5.4	3	4
Brussel Sprouts	43	0.3	9	3.4	3.8
Dandelion Greens	45	0.7	9.2	2.7	3.5
Anaheim Pepper	27	0.5	5.4	1.7	3.4
Banana Pepper	27	0.5	5.4	1.7	3.4
Parsley	36	0.8	6.3	3	3.3
Potatoes, Sweet**	90	0.2	20.7	2	3.3
Broccoflower	31	0.3	6.1	3	3.2
Moringa (pods)	37	0.2	8.5	2.1	3.2
Okra	33	0.2	7.5	1.9	3.2
Fennel	31	0.2	7.3	1.2	3.1
Eggplant	25	0.2	5.9	1	3
Endive	17	0.2	3.4	1.3	3
Beets	43	0.2	9.6	1.6	2.8
Bitter Melon (Bitter Gourd)	17	0.2	3.7	1	2.8
Carrots	41	0.2	9.6	0.9	2.8
Cilantro	23	0.5	3.7	2.1	2.8
Jalapenos	29	0.4	7	0.9	2.8
Green Beans	31	0.2	7	1.8	2.7
Rapini	22	0.5	2.9	3.2	2.7
Broccoli	34	0.4	6.6	2.8	2.6
Green Onion	32	0.2	7	1.8	2.6
Snowpeas	42	0.2	7.6	2.8	2.6
Cabbage	25	0.1	5.8	1.3	2.5
Rutabaga	37	0.2	8.6	1.1	2.3
Nopalitos	16	0.1	3.3	1.3	2.2
Red Onion	44	0.1	9.9	0.9	2.2
Spinach	23	0.4	3.6	2.9	2.2
Asparagus	20	0.1	3.9	2.2	2.1
Garlic	149	0.5	33	6	2.1
Red Bell Pepper	26	0.3	6	1	2.1
Romaine Lettuce	17	0.3	3.3	1.2	2.1

VEGETABLE MACROS, CONT

Fiber (most to least)

PER 100G	CALORIES	FAT	CARBS	PROTEIN	FIBER
Cauliflower	25	0.3	5	1.9	2
Squash, Butternut	45	0.1	11.7	1	2
Yellow Corn	86	1.4	18.7	3.3	2
Mushroom, portabella	32	0.3	4.7	2.8	1.9
Sprouts (alfalfa)	23	0.7	2.1	4	1.9
Tomatillos	32	1	5.8	1	1.9
Cassava/Yucca	160	0.3	38.1	1.4	1.8
Rhubarb	21	0.2	4.5	1	1.8
Turnip	28	0.1	6.4	0.9	1.8
Green Bell Pepper	20	0.2	4.6	0.9	1.7
Mushroom, white button	31	0.4	4.1	2.9	1.7
Poblano Peppers	20	0.2	4.6	0.9	1.7
Potatoes, Red	70	0.1	15.9	1.9	1.7
Squash, Chayote	19	0.1	4.5	0.8	1.7
White Onion	40	0.1	9.3	1.1	1.7
Arugula	25	0.7	3.7	2.6	1.6
Celery	14	0.2	3	0.7	1.6
Radish	16	0.1	3.4	0.7	1.6
Swiss Chard/Beets Greens	19	0.2	3.7	1.8	1.6
Squash, Spaghetti	31	0.6	6.9	0.6	1.5
Potatoes, Gold	74	0	17.6	2	1.4
Potatoes, Russet	79	0.1	18.1	2.1	1.3
Iceburg Lettuce	14	0.1	3	0.9	1.2
Tomatoes	18	0.2	3.9	0.9	1.2
Bok Choy	13	0.2	2.2	1.5	1
Orange Bell Pepper	32	0.2	6.7	0.9	1
Zucchini	17	0.3	3.1	1.2	1
Yellow Bell Pepper	27	0.2	6.3	1	0.9
Cucumber	15	0.1	3.6	0.7	0.5
Pumpkin	26	0.1	6.5	1	0.5
Watercress	11	0.1	1.3	2.3	0.5
Fiddleheads	34	0.4	5.5	4.6	

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SEASONINGS + DRIED INGREDIENT MACROS

Alphabetical Order

PER 100G	CALORIES	FAT	CARBS	PROTEIN
Allspice	263	9	72	6
Baking Powder	53	0	28	0
Baking Soda	0	0	0	0
Black Pepper	251	3	64	10
Cayenne Pepper	318	17	57	12
Chili Powder	282	14	50	13
Cinnamon	247	1	81	4
Coriander	279	5	52	22
Corn Starch	375	0	88	0
Cream of Tartar	258	0	62	0
Crushed Red Pepper	318	17	56	12
Cumin	375	22	44	18
Curry Powder	325	14	56	14
Dried Basil	233	4	48	23
Dried Basil	233	4	48	23
Dried Chives	311	4	64	21
Dried Dill Weed	253	4	56	20
Dried Minced Onion	300	0	80	0
Dried Oregano	265	4	69	9
Dried Parsley	292	5	51	27
Fennel Seeds	345	15	52	16
Garlic Powder	331	1	73	17
Ground Ginger	335	4	72	9
Ground Mustard	508	36	28	26
Habanero Powder	286	0	57	14
Marjoram	271	7	61	13
Nutmeg	525	36	49	6
Onion Powder	342	1	79	10
Paprika	282	13	54	14
Poppy Seed	525	42	28	18
Sage	315	13	61	11
Sesame Seed	573	50	23	18
Thyme	276	7	64	9
Turmeric	312	3	67	10
White Pepper	296	2	69	10

SATIETY INDEX SCORE

Most to Least Filling

FOODS	SATIETY INDEX SCORE
Potatoes	323
Fish	225
Oatmeal	209
Oranges	202
Apples	197
Brown Pasta	188
Steak	176
Beans	168
Grapes	162
Whole Wheat Bread	157
Grain Bread	154
Popcorn	154
All-Bran	151
Eggs	150
Cheese	146
White Rice	138
Lentils	133
Brown Rice	132
Honeysmacks	132
Crackers	127
Cookies	120
White Pasta	119
Bananas	118
Cornflakes	118
Jellybeans	118
Special K	116
French Fries	116
Sustain	112
Muesli	100
White Bread	100
Ice Cream	96
Chips	91
Yogurt	88
Peanuts	84
Mars Bar	70
Doughnuts	68
Cake	65
Croissant	47

CONTROL MACROS FOR COMMONLY USED INGREDIENTS

INGREDIENTS	SERVING (G)	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
1% Milk (Fairlife)	240	100	2.5	6	13
2% Milk (Fairlife)	240	120	4.5	6	13
AP Flour	30	110	0	23	3
Apple Cider Vinegar	100	22	0	0.9	0
Avocado Oil	14	124	14	0	0
Bread Flour	30	110	0	23	4
Cocoa	5	20	1	0	1
Egg Whites	33	17	0.1	0.2	3.6
Fat Free Greek Yogurt	170	90	0	5	18
Fat Free Milk (Fairlife)	240	80	0	6	13
Guar Gum	9	35	0	9	0
Large Egg	50	72	4.8	0.4	6
Light Mayo	14	35	3.5	1	0
Mustard	5	3	0.2	0.3	0.2
Olive Oil	13.5	119	14	0	0
Part Skim Mozzarella	28	80	6	1	7
Powdered Peanut Butter	16	70	2	5	8
Turkey Pepperoni	30	70	4	0	9
Unsweetened Almond Milk	240	30	2.5	1	1
Vanilla Extract	4.2	12	0	0.5	0
Vinegar	100	18	0	0	0
Vital Wheat Gluten	30	110	1.5	4	23
Xanthan Gum	1.5	5	0	1	0